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SCHOOL LUNCHES

Using

FARM SURPLUSES

MISCELLANEOUS
PUBLICATION
NO. 408

U.S. DEPARTMENT OF AGRICULTURE

This publication has been prepared primarily for the directors of school-lunch programs where surplus foods made available by the Surplus Marketing Administration are used. However, the suggestions and information will be useful for those who are responsible for the preparation of nutritious lunches for children at school anywhere.

Nutritive-value information and all recipes and menus were prepared by specialists of the Bureau of Home Economics.

SCHOOL LUNCHES USING FARM SURPLUSES

Prepared by the
SURPLUS MARKETING ADMINISTRATION
and the
BUREAU OF HOME ECONOMICS



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Foreword

The importance of nutritious lunches for children at school is almost universally recognized. Educators, classroom teachers, social workers, parent-teacher associations, public health officials, and others interested in child welfare agree that better health, better attendance, and improved scholarship, work habits, and attitudes result from regular school lunches.

The Department of Agriculture, through the Surplus Marketing Administration, has during recent years been able to give very direct aid in the work of expanding school-lunch programs. Surplus farm commodities have been made available for free-lunch distribution in thousands of schools in the United States.

Various surplus-distribution programs, which seek to bridge the gap between surplus production on the farm and need for these same products among millions of underprivileged families, are carried out by the Department under congressional authorizations. Free school lunches for undernourished children are made possible through one of these programs. The surplus farm commodities, bought by the S. M. A. to improve marketing conditions for producers, are donated to State welfare agencies. These agencies then distribute the foodstuffs for use in locally sponsored school-lunch programs. As a result large numbers of underfed children receive at least one good meal each day.

To become eligible for surplus commodities, a school must be supported by funds derived from Federal, State, or local government sources. Other schools supported in whole or in part with funds provided by educational, religious, or charitable organizations may, at the discretion and direction of State or local certifying agencies, be determined eligible for surplus commodities in connection with school-lunch programs.

Experience has shown that a school-lunch program, to have proper management, must be underwritten by a reliable sponsor who can arrange for the procurement of facilities and equipment for the preparation and serving of lunches. The sponsor also sees that the nonsurplus foodstuffs required for the preparation of balanced meals are provided. County superintendents of schools, boards of education, county commissioners, other city and county officials, and even teachers in charge of one-room rural schools have sponsored the operation of lunch programs.

In addition to public officials or agencies, such civic bodies as parent-teacher associations, service clubs, churches, and fraternal organizations sponsor school-lunch programs or act as cooperating sponsors in many communities. These groups help in the raising of funds, through various community activities, for the equipment and additional foodstuffs usually required. Additional local cooperation and guidance have been secured through the establishment of an advisory committee. The advisory committee may include representatives of the department of health, school or county public health nurses, members of the school faculty, or representatives of any of the public or civic groups interested in the school-lunch program.

The planning of individual lunch programs presents specific problems which must, of necessity, be adapted to local conditions. While each program functions in accordance with the same basic regulations, insofar as the utilization of surplus commodities is concerned, the one-room rural school and the large urban school naturally operate lunch programs under vastly different conditions.

In the small school the teacher often not only sponsors the program but also must direct the cooking and serving of the lunches, with only the assistance of her pupils. Cooks and other labor are usually furnished under a Work Projects Administration project for the large city schools. In many instances help is secured through the National Youth Administration, and the cooperation and assistance of representatives of other agencies and services is frequently available. In all cases, however, whether the work is done by or through the local sponsor or as a W. P. A. project, surplus commodities are available if the school is otherwise eligible.

SURPLUS MARKETING ADMINISTRATION.

School Lunches Using Farm Surpluses

By ROWENA SCHMIDT CARPENTER, *foods and nutrition specialist*, and FANNY WALKER YEATMAN, *junior specialist in foods, Foods and Nutrition Division, Bureau of Home Economics*¹

Children must have nourishing food if they are to grow properly, be healthy, and develop normally in every way. Each meal in the day does its bit toward good nutrition. Lunches served to children at school should be well-rounded in food value. For children from underprivileged homes, this lunch may be the best meal of the day.

The foods children eat must provide the building materials for the soft tissues of the body, for sound teeth and bones, and for good, red blood. At the same time, these foods must supply a source of energy for almost ceaseless activity.

A well-rounded school lunch includes each of the following kinds of food:

- Milk ($\frac{1}{2}$ pint to drink; some in cooking).
- Whole-grain cereal or whole-grain bread.
- Vegetable or fruit (or both).
- Egg, lean meat, fish, or cheese.
- Butter or another fat.
- Sweets, as dessert.

The most inexpensive nourishing meals are built on milk and whole-grain cereal products, with just enough of other kinds of food to make sure that protein, vitamin, and mineral needs are not slighted.

The school-lunch menus and recipes in this publication suggest uses for cereals, dried beans, dried fruit, smoked ham and shoulder, bacon, salt pork, lard, butter, and a few other foods that have been made available as surplus commodities, and for additional foods that must be purchased or contributed to make the school lunch a satisfactory meal. Whether the contribution of the sponsor is in cash or food, or both, the items should be chosen with a view to supplementing the food value, as well as the flavor, texture, and other appetizing qualities of the surplus commodities. If milk is not available as a surplus, it should head the list of foods to be contributed by the sponsor. Other foods, as well as seasoning materials, can help to round out the school lunch. (See pp. 42-43 for suggested list of foods which might be furnished by the sponsor, for gardening and canning project suggestions, and for information regarding the buying of commercially canned food.)

¹ Grateful acknowledgment is made to Mrs. Ruth Cotting, of McFarland Junior High School, Washington, D. C., who tested a number of the quantity recipes in this publication and offered valuable suggestions.

Planning the School Lunch

Ideally, a school lunch consists of one nourishing main dish, a glass or two of milk, fruit or vegetable in some form, bread and butter or a sandwich, and a simple dessert. It is possible to provide a meal of this kind with very simple equipment, limited assistance for preparation and service, and a carefully chosen list of items provided by the sponsor to supplement surplus commodities.

The pattern of the meal varies according to the food value of the main dish. If the main dish is very substantial (as meat loaf, creamed eggs, or chipped beef), the rest of the school lunch will be lighter than if the main dish is a cooked vegetable or a salad. If a good deal of cereal is used in the main dish, the dessert will be fruit rather than cake or cereal pudding.

The menu pattern may have to vary also with cooking equipment and work and food-storage space available for the lunch project. If it is out of the question for the lunchroom kitchen to have an oven, the cereals provided as surplus can be used to advantage in chowders and in the various types of cereal desserts for which recipes are suggested on page 20, and pages 32-34. If stove facilities allow for the preparation of only one cooked dish during the morning, it is often possible by planning ahead for one of the workers to prepare a cereal dessert after the lunch period and store it in a cool place for serving on the following day. The prune cottage pudding, the dried-fruit cake, or the cookies suggested on pages 35, 37-38, may be baked during the clearing-up period and saved for the next day's lunch. If it is impossible to have a refrigerator for the storage of perishable foods in the school, some cool room in the building or, in some climates, a window-box type of cool storage space may suffice.

Some children may come to school without an adequate breakfast. In such cases it is desirable to arrange for one of the cooks to arrive early and serve hot cereal and milk to these pupils before they take up their school work. (See proportions for cereal cookery, pp. 9-10.)

If it is impossible to serve a complete meal at noon, a school-lunch program is still worth while. It may consist of one nourishing hot dish, milk, and fruit if available; or fruit and milk or cocoa may be provided at school to supplement the carried lunch; or a sandwich filling may be prepared to go with bread brought from home, and supplemented with a glass of milk. Recipes in this bulletin especially suitable for schools without stoves are the raw-vegetable and the dried-fruit sandwich fillings, the stuffed prunes, the simple raw-vegetable and fruit salads, and the dried-fruit balls. It is, of course, highly desirable to have cooking equipment so that something hot—a substantial main dish, soup, or cocoa—can be served at least during the winter months.

Menu Patterns

Six patterns suitable for use in school lunches built around surplus commodities are suggested below. The first four include at least one very nourishing hot dish. The fifth is based on either a hot vegetable dish or salad supplemented by a sandwich with a nourishing filling. Some of the menus for this type will be especially helpful to the school having no stove or to any school planning cold lunches for hot days. The sixth, or one-dish-meal type, is suggested for use where work-table space is very limited and there is little or no cooking equipment.

Type 1. Meat, fish, eggs, or beans.

Cooked or raw vegetable.	} Or raw vegetable sandwich.
Bread and butter.	
Cereal dessert.	
Milk.	

Type 2. Meat or fish with cereal.

Salad or raw vegetable.
Bread and butter.
Fruit, raw, cooked, or canned.
Milk.

Type 3. Meat, eggs, beans, or cheese with vegetables.

Fruit sandwich.
Cereal dessert.
Milk.

Type 4. Soup or chowder (including meat, fish, or beans).

Bread and butter, or sandwich.
Fruit or cereal dessert.
Milk.

Type 5. Cooked vegetable, vegetable soup, or salad.

Nourishing sandwich (meat, egg, cheese, peanut butter).
Cake, cookies, or cereal dessert.
Milk or cocoa.

Type 6. One prepared dish.

Bread (and butter, if available).
Fruit or cookies.
Milk or cocoa.

Suggested Menus

Type 1

Meat loaf.

Raw-vegetable sandwich.

Fruit shortcake.

Cocoa.

Creamed hard-cooked eggs on whole-wheat muffins or bread.

Cabbage salad.

Fruit betty.

Milk.

Sliced ham or smoked shoulder.

Buttered or creamed carrots.

Bread and butter.

Rollled oats and prune pudding.

Milk.

Creamed chipped beef.

Panned or boiled vegetable.

Whole-wheat bread and butter.

Corn-meal fruit pudding.

Milk.

Baked beans with salt pork or bacon.

Corn bread and butter.

Cereal and dried-fruit pudding, or stewed dried fruit.

Milk.

Type 2

Spanish rice with salt pork or bacon.	Salt pork or bacon corn bread.
Carrot sticks or other raw vegetable.	Tomato sauce, stewed tomatoes, or boiled beans.
Bread-and-butter sandwich.	Carrot sticks.
Quick peach pudding.	Nut cookies.
Milk.	Cocoa.
Scrapple.	
Panned vegetable.	Cereal and fish.
Bread and butter.	Buttered cabbage.
Dried-fruit balls.	Corn meal muffins.
Milk.	Apple or pear, or canned peaches.
	Milk.
Cereal-meat pie.	
Raw-vegetable sandwich.	Creamed salmon with rice.
Stewed dried fruit.	Whole-wheat bread and chopped- cabbage sandwich.
Milk.	Applesauce.
	Milk.
Smoked ham or shoulder with grits or rice.	
Wilted lettuce or green vegetable.	Pecan (and rice or bean) loaf.
Bread and butter.	Creamed vegetable or stewed tomatoes.
Stewed prunes.	Bread and butter.
Milk.	Stewed or raw fruit.
	Milk.

Type 3

Smoked ham or shoulder with vegetables.	Beans, tomatoes, and rice.
Bread and butter or whole-wheat muffins.	Drop biscuits.
Stuffed prunes (cottage cheese).	Stewed dried fruit or dried-fruit balls.
Rolled oats cookies.	Milk.
Milk.	
Meat and vegetable stew.	Creamed, mixed vegetables with egg or cheese.
Dried fruit and apple sandwich.	Rolled oats muffins or bread and butter.
Fruit and rice pudding.	Peach shortcake.
Milk.	Milk.

Smoked ham or shoulder scalloped with
potatoes.
Bread and butter.
Applesauce or canned peaches.
Milk.

Type 4

Vegetable soup (with meat stock.)	Salt pork and vegetable chowder.
Bread-and-butter sandwich.	Muffins or corn bread.
Cereal and dried-fruit pudding.	Prune cottage pudding.
Milk.	Milk.

Bean or split-pea soup—ham stock.
Grated-carrot sandwich.
Corn meal fruit pudding.
Milk.

Rollled oats and potato soup.
Whole-wheat bread and cabbage sandwich.
Canned or stewed peaches.
Milk.

Bean soup with salt pork or bacon.
Corn meal muffins.
Stewed apples.
Milk.

Cereal, salt pork, and vegetable chowder.
Lettuce sandwich.
Apple or other fruit.
Milk.

Type 5

Creamed cabbage.
Baked-bean sandwich.
Corn grits pudding.
Milk.

Panned vegetable.
Scrambled or hard-cooked egg sandwich.
Whole-wheat cookies.
Milk.

Vegetable soup (without meat stock).
Canned-salmon or cheddar cheese sandwich.
Cereal and dried-fruit pudding.
Milk.

Potato salad.
Chipped beef or bacon and tomato sandwich.
Dried-fruit balls.
Cocoa or milk.

Apple and cabbage salad.
Salt pork or cottage cheese sandwich.
Cake or cookies.
Cocoa or milk.

Green salad with hard-cooked eggs.
Dried fruit sandwich.
Fruit and rice pudding.
Cocoa or milk.

Casserole of cabbage and apples.
Crisp bacon or peanut butter sandwich.
Creamy rice with raisins.
Milk.

Peach and vegetable salad.
Cottage cheese, chopped ham, or smoked shoulder sandwich.
Dried fruit cake.
Cocoa or milk.

Type 6 (limited equipment)

Beans, tomatoes, and rice.
or
Meat and vegetable stew.
Bread (and butter).
Canned fruit or raisins.
Milk.

Apple-and-raisin salad.
Peanut-butter sandwich.
Milk or cocoa.

Salmon-and-cabbage sandwich.
Canned or raw fruit.
Milk.

Rollled oats and potato soup.
Bread (and butter).
Dried-fruit balls.
Milk.

Bean soup with salt pork or bacon.
Bread (and butter).
Apple or applesauce.
Milk.

Cereal and dried-fruit pudding.
Apple.
Milk.

Preparing the Food

The quantity of food to prepare for any school group depends upon the age and activity of the children and upon the proportion of the day's food that the meal is intended to furnish. The recipes in this publication have been set up on the basis of 12, 25, and 50 portions. The quantities of food for 50 require large equipment that may be available only in schools serving 100 or more children. Schools serving 50 may find it easier to duplicate a recipe for 25 rather than to make up 50 servings in 1 kettle. In any case it is better to cook most vegetables in small amounts to keep them attractive in texture and to retain their food value.

When the recipes given in the following pages are used in connection with the menus suggested they should provide a substantial midday meal for children who may not be receiving adequate breakfasts and suppers at home. The main-dish recipes are intended to allow for 1 cupful per serving. The desserts allow from $\frac{3}{4}$ to 1 cup per serving; the soups and chowders from 1 to $1\frac{1}{2}$ cups. The bread recipes allow for 2 muffins, 2 pieces of quick whole-wheat or corn meal bread, and 2 fairly thick slices of yeast bread. A serving of milk or cocoa should consist of at least $\frac{1}{2}$ pint.

If used for nursery-school children, the servings should be about half as large, with the exception of milk. One-half pint of milk should be served to all children.

Yield of any recipe will vary from time to time with the method and accuracy of measuring the ingredients, with the differences in products used, and with differences in cooking time. However, the cook may be fairly sure of getting about the right number of servings from the recipes in this publication if she follows carefully the directions as to the method of measuring, form of ingredients, quantity of liquid, and length of time of cooking. She may find it helpful to keep notes on each recipe. If she writes down something about the yield and satisfaction that each recipe gives, she can make necessary adjustments the next time.

Recipes calling for milk suggest the use of fresh fluid, canned evaporated, or dry skim milk. The dry skim milk should be combined according to the directions given in the recipe. In some cases it is both satisfactory and convenient to add the dry milk to other dry ingredients and sift to blend them (the flour will have been sifted once before being measured). In other recipes it is necessary to convert the dry skim milk into fluid milk. An easy method of mixing is to put the measure of water (either cold or slightly warm, not hot) into a bowl, pour the measure of dry milk onto the surface of the water, and beat with a beater or egg whip. As paste forms on the side of the bowl, scrape it into the water and continue beating until the fluid is smooth.

Measuring Ingredients

Accurate measurement of ingredients is essential if a satisfactory product is to be obtained. The following equivalents may prove a useful guide in measuring either dry or liquid ingredients:

3 teaspoons = 1 tablespoon.	2 cups = 1 pint.
4 tablespoons = $\frac{1}{4}$ cup.	2 pints = 1 quart.
8 tablespoons = $\frac{1}{2}$ cup.	2 quarts = $\frac{1}{2}$ gallon.
16 tablespoons = 1 cup.	4 quarts = 1 gallon.

Flours, except whole-wheat, should be sifted once before they are measured and then dipped lightly into the measure and leveled off with a knife. If they are packed into the measure, too much will be used. Whole-wheat flour and meals should be stirred to lighten them; then they may be measured as other flours. Sugar is measured in the same way as flour, except that it need not be sifted.

Recipes for vegetables usually specify whether the vegetable is to be sliced, chopped, or diced. Meat may be ground or diced before it is measured.

Fats should be packed solid into the measure, without air spaces. This can be done more easily if the fats are brought to room temperature before being measured. Level off the top of the measure. In measuring less than one-fourth of a cup of hard fat it is best to use a tablespoon.

In handling fats it is sometimes convenient to be able to relate weights and measures. For instance, butter may come in pound, half-pound, or quarter-pound prints. A quarter-pound stick of butter is the equivalent of a half cup of butter, and may be used on this basis without measuring. Other equivalents to use in measuring hard fats follow:

(Ounces)	Weight (Pounds)	Measure (cups)
2	$\frac{1}{8}$	$\frac{1}{4}$ (4 tablespoons)
4	$\frac{1}{4}$	$\frac{1}{2}$
8	$\frac{1}{2}$	1
12	$\frac{3}{4}$	$1\frac{1}{2}$
16	1	2

For good results in food preparation it is necessary to have a few pieces of standard equipment for measuring ingredients. Inexpensive glass measuring cups (half-pint capacity) are useful in measuring liquid ingredients. A nest of 4 metal measuring cups, holding 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, and $\frac{1}{4}$ cup, respectively, provides an accurate means of measuring dry ingredients because these cups allow for leveling off the top with a knife. A 1-quart measuring cup is a time-saver when 4 cupfuls must be measured; a gallon measure is a convenience in preparing food for 25 or 50. A nest of standard measuring spoons ($\frac{1}{4}$ teaspoon, $\frac{1}{2}$ teaspoon, 1 teaspoon, and 1 tablespoon) is

essential. Having 2 sets of these standard measuring cups and spoons prevents the need of washing between the measuring of liquid and dry ingredients.

No attempt is made in this publication to list necessary equipment other than that needed for measuring ingredients. Some of the recipes call for double-boiler cooking. If a double boiler is not available, these recipes may be prepared in an improvised double boiler made of a kettle or tin pail set in a larger container of hot water.

The recipes call for many foods on the edible-portion basis (with parings and other waste removed). Dry ingredients are listed in terms of measure rather than weight because scales are not available in many of the schools setting up lunch projects with the most limited equipment. For these reasons the following list of equivalents of weight and measure of foods used in the recipes is given.

The measure obtained from one pound of various common foods is as follows:

<i>Food (1 pound)</i>	<i>Cups (approximate)</i>	<i>Food (1 pound)</i>	<i>Cups (approximate)</i>
Apples, raw (diced)-----	3½ (3 to 5 apples).	Lard-----	2.
Apples, dried, slices-----	5.	Meat, diced (packed measure, raw)-----	2.
Beans, dried-----	2½.	Meat, ground (packed measure, raw)-----	2.
Butter-----	2.	Onions, diced-----	2 (4 to 6 onions).
Cabbage, chopped, raw (pressed measure)-----	4.	Peaches, canned (water pack)-----	2½ to 3.
Carrots, sliced, raw-----	3.	Pecans, halves-----	4.
Cereal, whole wheat-----	2½.	Potatoes, raw (diced)-----	4.
Cheddar cheese, soft sieved-----	4.	Prunes, dried-----	2½.
Cocoa, stirred-----	4.	Raisins, seeded-----	3.
Corn meal, coarse-----	3.	Raisins, seedless-----	2¾.
Corn meal, fine-----	4.	Rice, uncooked-----	2.
Corn grits-----	3.	Rolled oats, quick-----	5½.
Crumbs, dry-----	5.	Salt pork, diced-----	2.
Crumbs, soft-----	9.	Sugar, brown (packed measure)-----	2.
Eggs, whole-----	2 (8 to 10 eggs).	Sugar, brown (lightly packed)-----	3.
Eggs, whites-----	2 (15 whites).	Sugar, granulated-----	2.
Eggs, yolks-----	2 (25 yolks)		
Flour, white, sifted-----	4.		
Flour, whole wheat (stirred)-----	3¾.		

Recipes

The following recipes have been grouped under the general headings, "Cereals," "Main dishes," "Breads" "Desserts," and "Miscellaneous" to facilitate their use.

Cereals

Since plain cooked cereal or dishes with cooked cereal as the main ingredient are used again and again in satisfying, inexpensive meals, it is a good idea to have the directions for cooking cereals well in mind. The following table will be helpful in figuring the amount of uncooked cereal and the amount of water to start with in order to arrive at any given amount of cooked cereal.

TABLE 1.—Quantity of water, time of cooking, and approximate yield of 1 cup of 6 common cereals

Cereal	Water	Method of cooking	Time	Yield
	<i>Cups</i>		<i>Minutes</i>	<i>Cups</i>
Corn meal (fine)-----	3½	Direct heat until thickened. Finish in a double boiler.	60	3
Grits-----	4	Same as corn meal-----	30	3½
Rice-----	8	Boil gently in uncovered pan	15-25	3-3½
Rolled oats-----	3	Direct heat until thickened. Finish in a double boiler.	45	2-2¼
Rolled wheat-----	3	Over direct heat-----	15	2¾-3
Whole-wheat cereal (cracked).	4½	-----do-----	15	3¾

¹ Depending on kind.

With the exception of rice any of the cereals listed in table 1 may be cooked either over direct heat or in a double boiler. But since the cereal must be stirred all the time if it is cooked over direct heat, this method is recommended here only for whole-wheat cereals, which cook more quickly than the others.

Corn meal.—To combine fine corn meal and water, sprinkle the meal a little at a time into rapidly boiling water. Stir until thickened.

Grits, rolled oats, whole wheat.—To combine these with water, mix the cereal first with a little cold water. Add the rest of the water hot and stir constantly until the cereal thickens.

The standard amount of salt to use in cooking cereal is about 1 teaspoon to every quart of water. This may vary according to taste but it should never be left out because salt brings out the flavor of the cereal.

If corn meal, grits, rolled oats, or whole-wheat cereal is cooked ahead of time, then reheated to serve, do not stir until the cereal is well-heated. Otherwise, lumps of the cooked cereal are likely to form. Two or three teaspoons of water poured over cooked cereal left to stand will prevent a hard crust from forming over the top.

Rice.—Rice requires a different cooking technique. Look the rice over, remove any foreign materials, wash in warm water, and drain. Add rice gradually to the rapidly boiling salted water (1 teaspoon to a quart). Reduce the heat so that the rice boils gently, and cook with pan uncovered until the grains are tender and have no hard center when pressed between thumb and finger. Drain at once in a colander or sieve, and pour hot water through the rice to remove loose starch and separate the grains. Cover with a cloth and set over hot water or on the back of the stove or place in warm oven for a short time. The kernels will continue to swell. To reheat rice for serving, steam it in a colander or sieve over boiling water just long enough to heat it through.

Plain Cooked Cereal

Ingredients	12 servings	25 servings	50 servings
Corn meal (fine)-----	3 cups.	1½ quarts.	3 quarts.
Water-----	2½ quarts.	5 quarts.	2½ gallons.
Grits-----	2½ cups.	1¼ quarts.	2½ quarts.
Water-----	2½ quarts.	1¼ gallons.	2½ gallons.
Rice-----	2½ cups.	1¼ quarts.	2½ quarts.
Water-----	1¼ gallons.	2½ gallons.	5 gallons.
Rolled oats-----	1 quart.	2 quarts.	4 quarts.
Water-----	3 quarts.	1½ gallons.	3 gallons.
Rolled wheat-----	3 cups.	1½ quarts.	3 quarts.
Water-----	2¼ quarts.	4½ quarts.	2¼ gallons.
Whole-wheat cereal-----	2½ cups.	1¼ quarts.	2½ quarts.
Water-----	2¾ quarts.	1½ gallons.	2¾ gallons.

These proportions will yield about $\frac{3}{4}$ cup of cooked cereal to a serving, and may be used as the basis for cereal and dried fruit puddings. (See pp. 32-34.) Unless the school lunchroom has mechanical means of stirring the cereal, however, it is best not to try to make up the 50 servings all at once. Instead, cook 2 batches of 25. Large double boilers are a good investment if cereal is to be prepared daily for a large group of children.

Fried cereal.—Corn meal, grits, rolled oats, rolled wheat, and whole wheat may also be molded, then sliced, and browned in a little fat. Serve with sirup, jelly, or preserves. When the cereals are to be molded, use less water in cooking. Pour into pans rinsed with cold water. Let set until cold and firm, slice, dust lightly with flour, and fry the mush slowly until the crust is golden brown.

For variation, add some well-flavored cheese, finely diced or flaked, to the cereal mush before taking it off the fire.

Main Dishes

“Boiled” Smoked Ham or Shoulder

A 12 to 14 pound ham will serve 25 slices, with portions left for other uses (see suggestions below). Wash and scrape the ham thoroughly, and place, rind side up, on a rack in a ham boiler or a large kettle. Add water to cover. Partly cover the kettle with a lid. Cook the ham at simmering temperature (just below boiling) and keep it well

covered with water. If desired, add several stalks of celery or some celery tops, a carrot or two, a sliced onion, and about $\frac{1}{2}$ cup of vinegar. Cook 25 to 30 minutes for each pound of ham or until the meat is tender, and if possible let it cool in the broth.

Smoked shoulders may be prepared by the same method, except that a slightly longer time per pound is required—approximately 30 to 35 minutes per pound.

The ham or shoulder may be sliced to serve hot or cold on the lunch plate or in sandwiches. Portions not suitable for slicing may be chopped or ground, and used in the cereal pie (p. 13); with grits or rice (p. 12); with vegetables (p. 13); scalloped with potatoes (p. 12); green salad (p. 24); potato salad (p. 24); wilted lettuce (p. 22); and as sandwich filling.

The stock from cooking the smoked ham or shoulder should be used for bean, split-pea, or other dried-legume soup. Dilute the stock with water until it is not too salty to add to the soaked beans or peas. A little onion and some of the chopped or ground ham or shoulder may also be added. A small amount of flour is needed as a binder.

Fried Bacon

Lay strips of bacon in a cold or moderately hot, thick skillet. Cook slowly and turn the bacon frequently. When done to the desired stage, remove the bacon at once and lay it on absorbent paper. If cooking a large quantity of bacon, pour off the fat occasionally.

Meat Loaf

Ingredients	12 servings	25 servings	50 servings
Rolled oats or rolled wheat, uncooked----	2 cups.	1 quart.	2 quarts.
Boiling water-----	1 quart.	2 quarts.	4 quarts.
Beef, ground-----	2 $\frac{1}{2}$ pounds.	5 pounds.	10 pounds.
Pork, ground-----	$\frac{1}{2}$ pound.	1 pound.	2 pounds.
Onion, chopped-----	$\frac{1}{2}$ cup.	$\frac{3}{4}$ cup.	1 $\frac{1}{2}$ cups.
Salt-----	1 tablespoon.	2 tablespoons.	4 tablespoons.
Celery seed, if desired--	1 teaspoon.	2 teaspoons.	4 teaspoons.

Boil the rolled oats or the rolled wheat in the water until thick. Mix all the ingredients. Form into loaves about 8 inches long and 4 inches wide. Place on heavy paper on a rack in open roasting pans. Bake about 10 minutes in a hot oven, then reduce the oven to moderate, and continue to cook for about 1 $\frac{1}{2}$ hours. Serve hot or cold.

Variation.—Instead of this combination of beef and pork, beef alone with suet or drippings may be used, or other meats such as lamb or veal may be substituted for the beef.

Spanish Rice With Salt Pork or Bacon

Ingredients	12 servings	25 servings	50 servings
Salt pork, diced, or bacon, diced.	$\frac{3}{4}$ pound ($1\frac{1}{2}$ cups).	$1\frac{1}{2}$ pounds (3 cups).	3 pounds ($1\frac{1}{2}$ quarts).
Onions-----	3.	6.	10.
Tomatoes, canned-----	$1\frac{1}{2}$ quarts.	3 quarts.	6 quarts.
Rice, cooked-----	1 quart.	2 quarts.	4 quarts.
Salt, if needed-----			

Fry the salt pork or bacon until crisp, and remove from the fat. Slice the onions and brown them slowly in the fat. Add the tomatoes and the cooked rice. Mix well. Stir and cook about 10 minutes. Just before serving stir in the crisp diced pork or bacon. Add salt if necessary.

Smoked Ham or Shoulder With Grits or Rice

Ingredients	12 servings	25 servings	50 servings
Smoked ham or shoul- der, ground.	$1\frac{1}{2}$ quarts.	3 quarts.	$1\frac{1}{2}$ gallons.
Grits, or rice, cooked---	1 quart.	2 quarts.	4 quarts.
Flour-----	6 tablespoons.	$\frac{3}{4}$ cup.	$1\frac{1}{2}$ cups.
Butter or other fat-----	6 tablespoons.	$\frac{3}{4}$ cup.	$1\frac{1}{2}$ cups.
Milk-----	1 to $1\frac{1}{2}$ quarts.	2 to 3 quarts.	4 to 5 quarts.
Salt, to taste.			
Bread crumbs-----	2 cups.	1 quart.	2 quarts.

Blend the flour and fat and add the milk. Cook and stir until thickened. Add salt depending upon the saltiness of the ham or shoulder. Make alternate layers of the grits or rice and the meat in shallow baking pans. Pour on the white sauce and sprinkle with the bread crumbs and bake about 20 minutes in a moderately hot oven until hot, and the crumbs are brown.

Variation.—Diluted evaporated milk may be used. Or if dry skim milk is available, mix 2 to 3 cups with 1 to $1\frac{1}{2}$ quarts of water for 12 servings; 1 to $1\frac{1}{2}$ quarts with 2 to 3 quarts of water for 25; and 2 to 3 quarts with 4 to 5 quarts of water for 50.

Smoked Ham or Shoulder Scalloped With Potatoes

Ingredients	12 servings	25 servings	50 servings
Cooked ham, finely chopped	3 cups.	$1\frac{1}{2}$ quarts.	3 quarts.
Potatoes, raw, sliced thin---	$2\frac{1}{2}$ quarts.	5 quarts.	$2\frac{1}{2}$ gallons.
Onion, cut fine-----	1.	2.	4.
Flour-----	2 tablespoons	$\frac{1}{4}$ cup.	$\frac{1}{2}$ cup.
Milk-----	3 cups.	$1\frac{1}{2}$ quarts.	3 quarts.
Salt, to taste.			

Place a layer of potatoes in a greased baking pan. Sprinkle with flour and a little salt and onion, then a layer of the ham, and continue until all is used. The top layer should be potatoes. Pour in the milk, cover, and bake for an hour or longer in a moderate oven. When the potatoes are tender, remove the cover to let them brown on top.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, mix 1 cup with 2 cups of water for 12 servings, 2 cups with 1 quart of water for 25, and 1 quart with 2 quarts of water for 50.

Smoked Ham or Shoulder With Vegetables

Ingredients	12 servings	25 servings	50 servings
Cooked ham or shoulder, chopped.	1 quart.	2 quarts.	3 quarts.
Water-----	1½ quarts.	3 quarts.	1½ gallons.
Potatoes, diced-----	1 quart.	2 quarts.	4 quarts.
Carrots, diced-----	1 quart.	2 quarts.	4 quarts.
Onions, sliced-----	2.	4.	8.
Flour-----	2 tablespoons.	¼ cup.	½ cup.
Water, cold-----	2 tablespoons.	¼ cup.	½ cup.

Boil the potatoes, carrots, and onions until tender. Mix the flour and cold water until smooth. Add some of the hot liquid to this. Stir until mixed and add to the vegetables and cook for a few minutes. Add the meat and serve hot.

Cereal Pie With Fresh or Cured Meat

Ingredients	12 servings	25 servings	50 servings
Cereal, cooked (corn meal or whole-wheat cereal).	2 quarts.	4 quarts.	2 gallons.
Onion, chopped-----	1 cup.	2 cups.	1 quart.
Fat-----	2 ounces (¼ cup).	¼ pound (½ cup).	½ pound (1 cup).
Tomatoes, canned-----	4 cups.	7 cups.	13 cups.
Cooked meat, fresh or cured, chopped.	1 quart.	2 quarts.	4 quarts.
Salt, if needed.			

Cook the onion in the fat until lightly browned. Bring the tomatoes to the boiling point, add the onions, the meat, and salt if necessary. If fresh pork, beef, or lamb is used, about 1 tablespoon of salt for 12 servings, 2 tablespoons for 25, or 4 tablespoons for 50 will be needed. When ham or cured shoulder is used, salt to taste. Put a layer of the cooked cereal in a large, greased baking pan, then a layer of the meat mixture, and cover with the rest of the cereal. Bake in a moderate oven until brown.

Baked Beans With Salt Pork or Bacon

Ingredients	12 servings	25 servings	50 servings
Beans, dried-----	1 quart.	2 quarts.	4 quarts.
Water, as needed.			
Salt pork, diced, or bacon, diced.	1½ to 1 pound (1 to 2 cups).	1 to 2 pounds (2 to 4 cups).	2 to 4 pounds (1 to 2 quarts).
Onions, sliced-----	3.	6.	8.
Molasses, sugar, or sirup.	¼ cup.	½ cup.	1 cup.
Tomatoes, canned (if desired).	1 quart.	2 quarts.	4 quarts.
Mustard, if desired----			

Pick over and wash the beans. Soak them overnight in water to cover. In the morning, drain, add 1 quart of water for 12 servings; 2 quarts for 25; and 4 quarts for 50. Simmer until the beans are tender but not mushy. Crisp the salt pork or bacon and remove it from the fat. Brown the onions in the drippings. Mix the beans, salt pork or bacon, onions, and drippings, the molasses, sugar, or sirup, and the tomatoes and the mustard if they are used. Add salt if necessary. Put the mixture in a baking dish or pan. Bake in a moderately hot oven until lightly brown on top.

If tomatoes are used, drain the beans before mixing the ingredients.

Pecan (and Rice or Bean) Loaf

Ingredients	12 servings	25 servings	50 servings
Pecans, chopped-----	3 cups	1½ quarts	3 quarts.
Cooked rice or bean pulp.	3 cups.	1½ quarts.	3 quarts.
Butter-----	1 ounce (2 ta- blespoons).	2 ounces (¼ cup).	¼ pound (½ cup).
Flour-----	3 tablespoons.	6 tablespoons.	¾ cup.
Tomato juice and pulp	1 cup.	2 cups.	1 quart.
Dry bread crumbs-----	1 cup.	2 cups.	1 quart.
Onions, chopped-----	2 tablespoons.	¼ cup.	½ cup.
Celery (if available), finely cut.	1½ cups.	3 cups.	1½ quarts.
Salt-----	1½ teaspoons.	1 tablespoon.	2 tablespoons.

Make a sauce of the butter, flour, and tomato. Mix all ingredients, form into a loaf, and pack tightly in a well-greased loaf bread pan lined with paper, and bake in a moderate oven for about 1 hour. Remove from pan. Serve hot or cold, sliced.

To prepare bean pulp, soak 1½ cups dried beans for 12 servings, 3 cups for 25, or 1½ quarts for 50 overnight in water to cover. In the morning, drain and add 1 quart, 2 quarts, or 3 quarts water, respectively, and simmer until the beans are very tender. Remove from the fire and press through a fine sieve.

Creamed Chipped Beef

Ingredients	12 servings	25 servings	50 servings
Butter-----	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup)	1 pound (2 cups).
Dried beef-----	$\frac{1}{2}$ pound.	1 pound.	2 pounds.
Milk-----	2 quarts.	4 quarts.	2 gallons.
Flour-----	$\frac{1}{2}$ cup.	1 cup.	2 cups.

Melt the fat in a large frying pan, add the beef broken in small pieces. Cook and stir until the beef has crisped. Reserve sufficient milk to mix with the flour to make a thin paste. Pour the remaining milk over the beef and heat slowly. Add the milk and flour mixture, stir, and boil gently for 5 to 10 minutes. Serve over sliced bread, or muffins that have been broken open.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, combine 1 quart of it with 2 quarts of water for 12 servings; 2 quarts with 4 quarts of water for 25; and 4 quarts with 2 gallons of water for 50.

Creamed Mixed Vegetables With Egg or Cheese

Ingredients	12 servings	25 servings	50 servings
Turnips, sliced or diced.	$1\frac{1}{2}$ cups.	3 cups.	$1\frac{1}{2}$ quarts.
Carrots, sliced or diced.	$1\frac{1}{2}$ cups.	3 cups.	$1\frac{1}{2}$ quarts.
Potatoes, diced-----	1 quart.	2 quarts.	4 quarts.
Water-----	2 cups.	1 quart.	2 quarts.
Butter, melted-----	2 ounces ($\frac{1}{4}$ cup).	4 ounces ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup).
Flour-----	$\frac{1}{4}$ cup.	$\frac{1}{2}$ cup.	1 cup.
Milk-----	3 cups.	$1\frac{1}{2}$ quarts.	3 quarts.
Salt-----	$\frac{3}{4}$ to 1 table-spoon.	$1\frac{1}{2}$ to 2 table-spoons.	3 to 4 table-spoons.
Cabbage, chopped-----	1 quart.	2 quarts.	4 quarts.
Eggs, hard-cooked-----	12.	25.	50.
or American cheddar cheese.	$\frac{3}{4}$ pound.	$1\frac{1}{2}$ pounds.	3 pounds.

Boil the turnips, carrots, and potatoes in the water, in a covered pan. Prepare a sauce of the butter, flour, and milk. Add the cooked vegetables, salt, and cabbage. Simmer about 10 minutes or until the cabbage is tender. Stir frequently. Slice the hard-cooked eggs, and mix gently with the creamed vegetables, and serve.

Or, if cheese is used instead of eggs, shave the cheese and add it at the very last. Stir gently until it is melted.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, combine $1\frac{1}{2}$ cups with 3 cups of water for 12 servings; 3 cups with $1\frac{1}{2}$ quarts of water for 25; and $1\frac{1}{2}$ quarts with 3 quarts of water for 50.

Salt Pork or Bacon Corn Bread

Ingredients	12 servings	25 servings	50 servings
Salt pork, diced, or bacon, diced.	1 pound (2 cups).	2 pounds (1 quart).	4 pounds (2 quarts).
Corn meal	3 cups.	1½ quarts.	3 quarts.
Whole-wheat flour	1 cup.	2 cups.	1 quart.
Baking powder	1 tablespoon.	2 tablespoons.	4 tablespoons.
Water or milk	3 cups.	1¼ quarts.	2½ quarts.

Fry the salt pork or bacon slowly until crisp. Mix the dry ingredients, add the liquid, the salt pork or bacon, and the fat that has cooked out. Stir until well mixed. Pour into shallow greased baking pans and bake in a hot oven about 30 to 40 minutes. Cut into squares and serve with tomato sauce (see p. 41), stewed tomatoes, or boiled beans.

Variation.—Diluted evaporated milk may be used in place of the water. Or, if dry skim milk is available, mix 1 cup with the corn meal for 12 servings; 2 cups for 25; and 1 quart for 50.

Bacon and Fried Apples

Ingredients	12 servings	25 servings	50 servings
Bacon, sliced	1 pound.	2 pounds.	4 pounds.
Tart apples, sliced or diced	4 quarts.	2 gallons.	4 gallons.
Sugar	½ cup.	1 cup.	2 cups.

Fry the bacon until crisp, as directed on page 11. Use about ½ cup of bacon fat for 12 servings, ¾ cup for 25, and about 1 cup for 50. Add the apples to the hot fat and sprinkle with sugar. Cover, and cook slowly until the apples are tender. Remove the cover. Turn the apples gently so the pieces will keep their shape, and cook until they are lightly browned. Serve with the bacon.

Meat and Vegetable Stew

Ingredients	12 servings	25 servings	50 servings
Beef or mutton	3 pounds.	6 pounds.	12 pounds.
Water	1½ quarts.	3 quarts.	1½ gallons.
Potatoes, diced	1 quart.	2 quarts.	4 quarts.
Turnips, diced	1 cup.	2 cups.	1 quart.
Onions, chopped	¼ cup.	½ cup.	1 cup.
Flour	½ cup.	¾ cup.	1½ cups.
Cabbage, chopped	1 quart.	2 quarts.	4 quarts.
Salt	1 tablespoon.	2 tablespoons.	4 tablespoons.

Remove the fat and cut the meat into cubes. Simmer in the water until tender. Add the potatoes and the turnips and allow about 20 minutes for cooking. Render the fat and cook the onions in it for

about 10 minutes, stirring frequently. Mix the flour with about 2 cups of the cold stock for 12 servings. For 25 and 50 servings, mix the flour with 1 quart of the cold stock. Thicken the stew with this mixture. Add the cabbage, salt, and onions. Cook and stir about 10 minutes longer.

Scrapple

Ingredients	12 servings	25 servings	50 servings
Fresh pork, bony pieces-----	3 pounds.	6 pounds.	9 pounds.
Water-----	3 quarts.	1½ gallons.	2½ gallons.
Corn meal, rolled wheat, or whole-wheat cereal.	2 cups.	1 quart.	2 quarts.
Salt, to taste.			
Sage, to taste.			

Wipe the meat well and simmer in the water until the meat drops from the bone. Strain off the broth. Remove the bones and chop the meat fine. There should be about 2 quarts of broth for 12 servings, 4 quarts for 25, and 2 gallons for 50 servings. If necessary, add water in each case to make this quantity.

Bring the broth to the boiling point, and stir in the corn meal or whole-wheat cereal or rolled wheat very slowly. Boil gently for about 30 minutes and stir frequently. Add the chopped meat. Salt to taste and add sage, if desired. Pour the hot mixture into pans that have been rinsed with cold water. Let stand until cold and firm. Slice and brown slowly in a hot frying pan. If the scrapple is rich with fat, no fat will be needed for frying. If an oven is available, the pieces of scrapple may be lightly floured, then browned in the oven.

Beans, Tomatoes, and Rice

Ingredients	12 servings	25 servings	50 servings
Dried beans-----	2 cups.	1 quart.	2 quarts.
Water-----	1½ quarts.	3 quarts.	1½ gallons.
Salt pork, diced----- or	½ pound (1 cup).	1 pound (2 cups).	2 pounds (1 quart).
Bacon, sliced-----	½ pound.	1 pound.	2 pounds.
Onions, chopped-----	1 cup.	2 cups.	1 quart.
Rice, uncooked-----	½ cup.	1 cup.	2 cups.
Tomatoes, canned-----	1 quart.	1½ quarts.	3 quarts.
Salt, to taste.			

Wash the beans thoroughly and soak overnight in the water. Simmer in the same water until almost tender. Fry the salt pork or bacon until crisp, remove, and cook the onions in the fat, stirring frequently. Wash the rice. Add to the beans, boil gently for about 10 minutes. Add the tomatoes, onions, and salt. Continue to boil until the beans and rice are tender. Just before serving, stir in the crisped, diced pork or the bacon which has been broken into small pieces.

Cereal and Fish

Ingredients	12 servings	25 servings	50 servings
Cereal, cooked (hot grits or corn meal).	2 quarts.	4 quarts.	2 gallons.
Fish, canned or fresh cooked.	1 quart.	2 quarts.	4 quarts.
Milk-----	2 cups.	1 quart.	2 quarts.
Butter-----	1 ounce (2 tablespoons).	2 ounces ($\frac{1}{4}$ cup).	4 ounces ($\frac{1}{2}$ cup).
Flour-----	2 tablespoons.	$\frac{1}{4}$ cup.	$\frac{1}{2}$ cup.
Salt, if needed.			

To prepare, place a layer of the hot cereal in a greased pan, then one of the fish. Repeat until the fish and cereal are used. Heat the milk. Blend the fat and flour, add to the milk, and stir over low heat until thickened. Pour this sauce over the mixture and bake in a moderate oven until heated through.

Variations.—Salted fish may also be used. Unless it is possible to soak out most of the salt, reduce the quantity of fish and omit the salt.

Diluted evaporated milk may replace the fresh milk. Or, if dry skim milk is available, blend 1 cup of it with 2 cups of water for 12 servings; 2 cups with 1 quart of water for 25; and 1 quart with 2 quarts of water for 50.

Creamed Salmon With Rice

Ingredients	12 servings	25 servings	50 servings
Salmon-----	1 No. 1 can (2 cups).	2 No. 1 cans (1 quart).	4 No. 1 cans (2 quarts).
Butter, melted-----	2 ounces ($\frac{1}{4}$ cup).	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup).
Flour-----	$\frac{3}{4}$ cup.	$1\frac{1}{2}$ cups.	$2\frac{3}{4}$ cups.
Milk-----	1 quart.	2 quarts.	4 quarts.
Salt-----	$\frac{1}{2}$ teaspoon.	1 teaspoon.	2 teaspoons.
Rice, uncooked-----	1 cup.	2 cups.	1 quart.
Onion, if desired.			

Remove the bones from the salmon. Blend the melted fat and flour thoroughly, add the cold milk, and salt. Heat and stir constantly until thickened. Cook in a double boiler for about 10 minutes longer. Wash and cook the rice in boiling, salted water for about 20 minutes or until tender. Drain. Add the salmon and rice to the sauce. Mix well and serve hot.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, combine 2 cups with 1 quart of water for 12 servings; 1 quart with 2 quarts of water for 25; and 2 quarts with 4 quarts of water for 50.

Creamed Hard-Cooked Eggs

Ingredients	12 servings	25 servings	50 servings
Eggs-----	12.	25.	50.
Butter-----	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup).	1 pound (2 cups).
Flour-----	$\frac{1}{2}$ cup.	1 cup.	2 cups.
Salt-----	1 teaspoon.	$1\frac{1}{2}$ teaspoons.	1 tablespoon.
Milk, hot-----	1 quart.	2 quarts.	4 quarts.

Put the eggs into a deep saucepan of cold water. Bring the water slowly to the simmering point and keep the water simmering for 30 to 40 minutes. Chill the eggs in a pan of cold water before removing the shells. Then cut the eggs in slices. In a separate pan, melt the butter, add the flour and salt, and stir until well blended. Add a little of the hot milk. When this is mixed in thoroughly, pour the butter, flour, salt, and milk mixture into the remaining milk. Cook in a double boiler, stirring until the mixture is thickened. Then cover and cook for about 10 minutes. Pour the sauce over the sliced eggs and serve.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, blend 2 cups of the dry milk with 1 quart of water for 12 servings; 1 quart with 2 quarts of water for 25; and 2 quarts with 4 quarts of water for 50 servings.

Scrambled Eggs

Ingredients	12 servings	25 servings	50 servings
Eggs-----	12.	25.	50.
Milk-----	$\frac{3}{4}$ cup.	$1\frac{1}{2}$ cups.	3 cups.
Salt-----	$\frac{3}{4}$ teaspoon.	$1\frac{1}{2}$ teaspoons.	1 tablespoon.
Butter-----	1 ounce (2 table- spoons).	2 ounces ($\frac{1}{4}$ cup).	4 ounces ($\frac{1}{2}$ cup).

Beat the eggs slightly with the milk and salt. Melt the butter in the top of a double boiler. Add the egg mixture to the butter, and finish cooking in the double boiler. As soon as the eggs are thickened, remove them from the fire, and serve at once.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, blend $\frac{1}{4}$ cup with $\frac{3}{4}$ cup of water for 12 servings; $\frac{1}{2}$ cup with $1\frac{1}{2}$ cups of water for 25; and 1 cup with 3 cups of water for 50.

Rolled Oats (or Rolled Wheat) and Potato Soup

Ingredients	12 servings	25 servings	50 servings
Rolled oats or rolled wheat	2 cups.	1 quart.	2 quarts.
Water	3 quarts.	1½ gallons.	3 gallons.
Potatoes, diced	1½ quarts.	3 quarts.	1½ gallons.
Onions, chopped	3.	6.	12.
Fat	4 ounces (½ cup).	6 ounces (¾ cup).	¾ pound (1½ cups).
Tomatoes, canned	2 cups.	1 quart.	2 quarts.
Salt	1½ table-spoons.	3 table-spoons.	6 table-spoons.

Sprinkle the rolled oats or the rolled wheat slowly into the boiling water. Boil 5 minutes. Add the diced potatoes and cook in a double boiler, until tender. Brown the onions in the fat and add with the tomatoes and salt to the soup. Cook for about 10 minutes and serve.

Cereal, Salt Pork, and Vegetable Chowder

Ingredients	12 servings	25 servings	50 servings
Whole-wheat cereal, rolled wheat, or rolled oats.	¾ cup.	1½ cups.	3 cups.
Salt pork, diced	1 pound (2 cups).	2 pounds (1 quart).	4 pounds (2 quarts).
Onions	2.	4.	8.
Water	1½ quarts.	3 quarts.	1½ gallons.
Potatoes, diced	1 quart.	2 quarts.	4 quarts.
Carrots, diced	1½ quarts.	3 quarts.	1½ gallons.
Salt, if needed.			

Fry the salt pork until crisp. Remove from the fat and fry the chopped onion until a light brown. Add to the onion and fat 1 quart of water for 12 servings, 2 quarts for 25, and 4 quarts for 50. Add also the potatoes and the carrots. Cook for about 10 minutes. Mix the cereal with the remaining water and add to the mixture. Stir frequently and boil gently for about 20 minutes, or until the vegetables are tender. Add the crisped salt pork and serve.

Salt Pork and Vegetable Chowder

Ingredients	12 servings	25 servings	50 servings
Salt pork, diced	1 pound (2 cups).	2 pounds (1 quart).	4 pounds (2 quarts).
Onions, chopped	2.	4.	8.
Potatoes, diced	1 quart.	2 quarts.	4 quarts.
Turnips, carrots, (diced or chopped)	1½ quarts.	3 quarts.	6 quarts.
Cabbage, chopped	2 cups.	1 quart.	2 quarts.
Water	1 quart.	2 quarts.	4 quarts.
Milk	2 cups.	1 quart.	2 quarts.
Salt, if needed.			

Fry the salt pork until crisp and remove from the fat. Cook the onions in the fat until lightly browned. Boil the potatoes, turnips, and carrots in the water (covered) until tender. Add the cabbage, boil for a few minutes, then add the milk, cooked salt pork, onions, and fat. When hot, serve over bread, muffins, or crackers.

Variation.—Diluted, evaporated milk may replace the fresh milk. Or, if dry skim milk is available, blend 1 cup with 2 cups of water for the milk in the recipe for 12 servings; 2 cups with 1 quart of water for 25; and 1 quart with 2 quarts of water for 50.

Vegetable Soup (With Meat Stock)

Ingredients	12 servings	25 servings	50 servings
Beans..... or	1 cup.	2 cups.	1 quart.
Potatoes, diced.....	1 quart.	2 quarts.	4 quarts.
Soup bone, cracked and with meat.	4 pounds.	5 to 6 pounds.	10 to 12 pounds.
Water.....	3 quarts.	1½ gallons.	3 gallons.
Tomatoes, canned.....	1 quart.	2 quarts.	4 quarts.
Onion, chopped.....	¾ cup.	1½ cups.	3 cups.
Corn, canned.....	2 cups.	1 quart.	2 to 3 quarts.
Salt.....	1 tablespoon.	3 tablespoons.	6 tablespoons.

Wash the beans and soak them overnight in water to cover them well. Wash the soup bone, and simmer in the water in a covered pan for 2 or 3 hours or until the meat is very tender. Remove the soup bone from the broth, cut off the meat and fat, discard the gristle and bone, and chop the meat. Render the fat and cook the onion in it until slightly browned. Combine the beans, or the potatoes, and liquid, the tomatoes, and the meat broth. Cook until the beans, or potatoes, are tender, then add the corn, the chopped meat, and the salt. Cook and stir to blend before serving.

Vegetable Soup (Without Meat Stock)

Ingredients	12 servings	25 servings	50 servings
Carrots, diced.....	2 cups.	1 quart.	2 quarts.
Turnips, diced.....	1 cup.	2 cups.	1 quart.
Potatoes, diced.....	2 cups.	1 quart.	2 quarts.
Tomatoes.....	1 quart.	2 quarts.	4 quarts.
Water.....	2 quarts.	4 quarts.	2 gallons.
Onions, sliced or chopped....	2 cups.	1 quart.	2 quarts.
Salt pork drippings or other fat.	½ cup.	1 cup.	2 cups.
Cabbage, chopped.....	1 quart.	2 quarts.	4 quarts.
Salt, to taste.			

Mix all the vegetables except the onions and cabbage with the water. Boil gently until the vegetables are nearly tender. Brown the onions in the fat. Add the onions, fat, and cabbage to the other vegetables. Cook a little longer. Serve before the vegetables are soft. Season to taste.

Bean Soup With Salt Pork or Bacon

Ingredients	12 servings	25 servings	50 servings
Dried beans.....	3 cups.	1½ quarts.	3 quarts.
Water, cold.....	3 quarts.	1½ gallons.	2½ gallons.
Onion, chopped.....	½ cup.	1 cup.	2 cups.
Salt pork or bacon, diced.....	1 pound (2 cups).	2 pounds (1 quart).	4 pounds (2 quarts).
Flour.....	¼ cup.	½ cup.	1 cup.
Milk.....	1 quart.	2 quarts.	4 quarts.
Salt, if needed.			

Pick over the beans, wash well, and soak overnight in half of the cold water. In the morning, add the remaining water and the onion, cover, simmer for about 1½ hours or until soft. Press the beans and onions through a colander, or coarse strainer; or mash well, saving all the liquid. Cook the salt pork or bacon until crisp and add the flour to the fat, blend, and mix with the bean pulp and liquor. Stir and cook for about 10 minutes. Add the milk and cook for a few minutes longer, or until hot.

Variation.—Diluted evaporated milk may replace the fresh milk. Or, if dry skim milk is available, blend 2 cups with 1 quart of water for the liquid for 12 servings; 1 quart with 2 quarts of water for 25; and 2 quarts with 4 quarts of water for 50.

Panned Vegetables

Chopped cabbage, spinach, or kale may be cooked in a pan without added water. Heat a little fat or fry diced salt pork or bacon until crisp, then use the fat from that. Add the vegetable to the fat, cover closely to keep in the steam and cook for 10 to 15 minutes, stirring frequently. Season and serve. If salt pork or bacon has been used as the fat, add the crisp pieces to the vegetable before serving.

In cooking greens, fill the pan to the very top, because the vegetable wilts as soon as it is hot.

Unpared diced cucumbers and summer squash may also be prepared by the method suggested above. Cook them as long as necessary to make them tender.

Wilted Lettuce (or Other Greens)

Ingredients	12 servings	25 servings	50 servings
Salt pork, diced..... or	1 pound (2 cups).	2 pounds (1 quart).	4 pounds (2 quarts).
Bacon, sliced.....	1 pound.	2 pounds.	4 pounds.
Lettuce, shredded.....	1½ gal- lons.	3 gallons.	6 gallons.
Vinegar.....	¼ cup.	½ cup.	1 cup.
Onion juice, if desired.			

Fry the salt pork or bacon until crisp. Remove from the fat. Add the lettuce (or any tender greens) to the hot fat. Stir until the lettuce wilts. Add the vinegar and a little onion juice if desired. Add the crisped salt pork or the bacon which has been broken into small pieces. Serve hot at once or let it cool and serve as a salad.

Casserole of Cabbage and Apples

Ingredients	12 servings	25 servings	50 servings
Cabbage, chopped	4 quarts.	2 gallons.	3 to 4 gallons.
Apples, sliced, raw	2 quarts.	4 quarts.	2 gallons.
Salt-----	1 teaspoon.	2 teaspoons.	1 tablespoon.
Sugar-----	1 tablespoon.	2 tablespoons.	$\frac{1}{4}$ cup.
Butter-----	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup).	$\frac{3}{4}$ pound (1 $\frac{1}{2}$ cups).
Bread crumbs-----	3 cups.	1 $\frac{1}{2}$ quarts.	3 quarts.

In greased baking dishes, place alternate layers of cabbage and the cored, sliced apples. Season each layer with salt, and a sprinkling of sugar, and butter. Over the last layer spread some buttered crumbs. Cover and bake in a moderate oven for about 35 minutes or until the cabbage and apples are tender. When nearly done, remove the cover so the crumbs can brown.

Variation.—Select sweetpotatoes of uniform size. Wash them and cook them in their skins. When the potatoes have cooked tender, remove the skins. Prepare casserole as above, alternating layers of sliced sweetpotatoes (instead of cabbage) with the apples.

Creamed Cabbage

Ingredients	12 servings	25 servings	50 servings
Milk-----	2 quarts.	4 quarts.	2 gallons.
Cabbage, chopped (pressed measure).	4 quarts.	2 gallons.	4 gallons.
Butter, melted----	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup).	1 pound (2 cups).
Flour-----	$\frac{1}{2}$ cup.	1 cup.	2 cups.
Salt-----	2 teaspoons.	1 tablespoon.	2 tablespoons.

Set aside 2 cups of milk in the recipes for 12 and 25 servings, and 1 quart in the recipe for 50 servings.

Heat the remainder of the milk in a double-boiler and cook the cabbage in it until tender. To the melted butter add the flour, salt, and the milk that has been set aside and cook with stirring until thickened. Add this white sauce to the hot cabbage and milk. Stir and cook a few minutes longer.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, combine 1 quart with 2 quarts of water for 12 servings; 2 quarts with 4 quarts of water for 25 servings; and 4 quarts with 2 gallons of water for 50.

Potato Salad

Ingredients	12 servings	25 servings	50 servings
Potatoes-----	10 to 12.	20 to 25.	45 to 50.
Salt pork or bacon, diced-----	2 cups.	1 quart.	2 quarts.
or			
Celery, cut-----	1 quart.	2 quarts.	4 quarts.
Onion, finely chopped-----	¼ cup.	½ cup.	1 cup.

Hot salad (with salt pork or bacon).—Wash medium-sized potatoes and boil them in their skins in salted, boiling water until tender but not soft. Cool slightly. Remove the skins and cut the potatoes in cubes of uniform size. Fry diced salt pork or bacon until crisp and remove from the fat. Mix the potatoes, salt pork, or bacon and the onions. Add vinegar and salt pork or bacon drippings to season well. Serve while still warm.

Cold salad (with celery).—Wash, boil, and remove skins from potatoes, as described above. Cut in cubes of uniform size. Mix the warm potatoes and the finely chopped onion. Add hot salad dressing in the proportion of 1 cup for 12 servings; 2 cups for 25; and 3 cups for 50. Chill; stir in the cut celery gently so as not to break the potatoes. Add salt if needed.

Cabbage Salad (Slaw)

Ingredients	12 servings	25 servings	50 servings
Cabbage, chopped or shredded (pressed measure).	2 to 3 quarts.	4 to 6 quarts.	2 to 2½ gal- lons.
Salad dressing, thin-----	2 cups.	1 quart.	2 quarts.
Onion juice or celery seed to taste (if desired).			

To the crisp cabbage add sufficient dressing to season well. If the salad dressing on page 40 is used, thin it with milk.

Variation.—Diced raw apple or cut celery combine well in flavor with the cabbage, and may be used in this salad. Reduce the cabbage to two-thirds the amount called for above and add diced apple or cut celery to make up the full measure.

Green Salad With Hard-Cooked Eggs

Ingredients	12 servings	25 servings	50 servings
Spinach or cress, chopped or shredded.	2 quarts.	4 quarts.	2 gallons.
Eggs-----	4.	8.	16.
Salt pork, diced, or cooked smoked ham or shoulder, diced.	2 cups.	1 quart.	2 quarts.
Salad dressing-----	1 cup.	2 cups.	1 quart.

Use tender spinach or cress. Wash through many waters, remove all roots and tough leaves, drain very thoroughly, and cut or chop. Chill, if possible.

Hard cook the eggs. If salt pork is used, cook until crisp, and drain off the fat, keeping it for other use. Mix the crisp salt pork or the cooked, diced ham or shoulder and the greens with salad dressing. Add slices of hard-cooked egg to each serving (about $\frac{1}{2}$ of an egg).

Apple-and-Celery Salad

Ingredients	12 servings	25 servings	50 servings
Apples, diced.....	2 quarts.	4 quarts.	2 gallons.
Celery, cut.....	2 to 3 cups.	1 to 1½ quarts.	2 to 3 quarts.
Nut meats (if available), chopped.	1 to 2 cups.	2 cups to 1 quart.	1 to 2 quarts.
Salad dressing, to season.			

Wash the apples thoroughly. Pare if desired, and cut into uniform pieces. Mix with the celery and nuts, a little salt, and enough salad dressing to season well. Use the larger amount of celery if nuts are not available, and the smaller amount when the salad is made with nuts. Serve on shredded cabbage, lettuce, or other greens.

Apple-and-Cabbage Salad

Ingredients	12 servings	25 servings	50 servings
Apples, dried.....	2 cups.	1 quart	2 quarts.
or			
Raw apples, diced.....	1½ quarts.	3 quarts.	1½ gallons.
Raw cabbage, shredded.....	2 quarts.	4 quarts.	2 gallons.
Salad dressing.....	1 cup.	2 cups.	1 quart.

If dried apples are used, soak them in a small quantity of water. Drain and cut into small pieces.

Mix apples with the cabbage. Add the salad dressing. If nuts are available, add 1 cup chopped kernels for 12 servings; 2 cups for 25; and 1 quart for 50.

Peach-and-Vegetable Salad

Ingredients	12 servings	25 servings	50 servings
Peaches, canned, cut.....	1 quart.	2 quarts.	4 quarts.
Carrots, shredded.....	2 cups.	1 quart.	2 quarts.
Raw cabbage, shredded.....	1½ quarts.	3 quarts.	1½ gallons.
Salad dressing.....	1 cup.	2 cups.	1 quart.

Combine all the ingredients, mixing lightly. If nuts are available, add 1 cup of chopped kernels for 12 servings; 2 cups for 25; and 1 quart for 50.

Breads

Biscuits

Ingredients	12 servings	25 servings	50 servings
Flour, sifted.....	1 quart.	2 quarts.	4 quarts.
Baking powder.....	2 tablespoons.	4 tablespoons.	8 tablespoons.
Salt.....	1½ teaspoons.	1 tablespoon.	2 tablespoons.
Fat.....	¼ pound (½ cup).	½ pound (1 cup).	1 pound (2 cups).
Water or milk.....	1½ to 2 cups or enough to make a soft dough.	3 cups to 1 quart.	1½ to 2 quarts.

Drop biscuits.—Sift the flour, baking powder, and salt together. Cut in the fat. Add the liquid slowly, stirring from the center until a soft dough is formed. Drop from a spoon onto a greased baking sheet and bake in a hot oven for about 15 minutes or until lightly browned.

Rolled biscuits.—Mix as above. Then when a soft dough is formed, toss one-half of the dough at a time on a lightly floured board. Knead for a few seconds until smooth, then roll about ½ inch thick. Cut into biscuits. Put these on a greased baking sheet and bake in a hot oven for about 15 minutes.

Rolled biscuits may also be baked on top of the stove in a frying pan. To do this, melt fat in a hot frying pan and place the biscuits in it about an inch apart. Brown slowly. Then turn and brown on the other side. Keep the heat low so the biscuits do not scorch.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, sift 1 cup with the dry ingredients for 12 servings; 2 cups for 25; and 1 quart for 50.

Whole-Wheat Drop Biscuits

Ingredients	12 servings	25 servings	50 servings
Whole-wheat flour.....	4½ cups.	2¼ quarts.	4½ quarts.
Baking powder.....	2 tablespoons.	4 tablespoons.	½ cup.
Salt.....	1½ teaspoons.	1 tablespoon.	2 tablespoons.
Fat.....	6 tablespoons.	¾ to 1 cup.	1½ to 2 cups.
Water or milk.....	1½ cups.	3 cups.	1½ quarts.

Mix the dry ingredients together and cut in the fat. Make a well in the mixture. Add the liquid slowly, stirring until a soft dough is formed. As whole-wheat flours vary, the amount of liquid needed will vary also; increase liquid if necessary to make a soft dough. Drop the dough by spoonfuls on lightly greased baking pans. Bake in a hot oven for about 15 minutes, or until lightly browned.

Variation.—Diluted evaporated milk may be used for the liquid. Or, if dry skim milk is available, mix ¾ cup with the dry ingredients for 12 servings; 1½ cups for 25; and 3 cups for 50.

Whole-Wheat Muffins or Batter Bread

Ingredients	12 servings	25 servings	50 servings
Whole-wheat flour-----	2½ cups.	1¼ quarts.	2½ quarts.
Baking powder-----	1 tablespoon.	2 tablespoons.	4 tablespoons.
Salt-----	1 teaspoon.	2 teaspoons.	4 teaspoons.
Sugar-----	0 to ¼ cup.	0 to ½ cup.	0 to 1 cup.
Eggs, beaten-----	2.	4.	8.
Water or milk-----	2 cups.	1 quart.	2 quarts.
Fat, melted-----	½ cup.	1 cup.	2 cups.

Mix the dry ingredients together. Combine the beaten egg, liquid, and melted fat. Add to the dry ingredients all at once. Stir just enough to moisten, and give the mixture a rough appearance. Fill greased muffin pans two-thirds full or pour into a shallow baking pan. Bake in a hot oven for 20 to 25 minutes.

Variations.—Diluted evaporated milk may replace the water. Or, if dry skim milk is available, mix 1 cup with the dry ingredients for 12 servings; 2 cups for 25; and 1 quart for 50.

Whole or chopped raisins may be added to the batter for variety.

Rolled Oats or Rolled Wheat Muffins

Ingredients	12 servings	25 servings	50 servings
Rolled oats or rolled wheat, cooked.	2 cups.	1 quart.	2 quarts.
Water or milk-----	1 cup.	2 cups.	1 quart.
Eggs-----	2.	4.	8.
Fat, melted-----	¼ cup.	½ cup.	1 cup.
Flour, sifted-----	3 cups.	1½ quarts.	3 quarts.
Salt-----	1 teaspoon.	2 teaspoons.	4 teaspoons.
Sugar-----	1 table-spoon.	2 table-spoons.	¼ cup.
Baking powder-----	1½ table-spoons.	3 table-spoons.	6 table-spoons.

Mix the rolled oats or the rolled wheat, liquid, beaten eggs, and melted fat. Add the sifted dry ingredients and stir until just mixed. Fill the greased muffin pans about two-thirds full and bake for 25 to 30 minutes in a moderately hot oven.

Variations.—Diluted evaporated milk may be used. Or, if dry skim milk is available, sift ½ cup with the dry ingredients for 12 servings; 1 cup for 25; and 2 cups for 50.

Whole or chopped raisins may be added to the batter for variety

Corn Bread

Ingredients	12 servings	25 servings	50 Servings
Corn meal.....	1 quart.	2 quarts.	4 quarts.
Salt.....	2 teaspoons.	4 teaspoons.	2½ tablespoons
Sugar.....	2 tablespoons.	¼ cup.	½ cup.
Water or milk.....	3 cups.	1½ quarts.	3 quarts.
Fat, melted.....	¼ cup.	½ cup.	1 cup.
Baking powder.....	1½ tablespoons.	3 tablespoons.	6 tablespoons.
Eggs, beaten.....	2.	4.	8.

Mix the corn meal, salt, and sugar. Heat one-half of the liquid to the boiling point and pour over the dry ingredients. Add the fat, remaining liquid, baking powder, and eggs. Mix well. Bake the mixture in hot, well-greased dripping pans, or in hot, well-greased muffin pans for 20 to 25 minutes.

To bake on top of the stove for spider corn bread, pour the mixture to the depth of one inch into well-greased frying pans. Cook slowly over direct heat until brown, then turn and brown on the other side, adding extra fat.

Variations.—Diluted evaporated milk may be used in place of the water. Or, if dry skim milk is available, mix 1½ cups with the dry ingredients for 12 servings, 3 cups for 25, and 1½ quarts for 50.

If egg is omitted, increase the baking powder ½ teaspoon for each egg and increase the liquid ½ cup for 12 servings, 1 cup for 25, and 1½ cups for 50.

Corn Meal-and-Flour Muffins

Ingredients	12 servings	25 servings	50 servings
Corn meal.....	3 cups.	1½ quarts.	3 quarts.
Flour, sifted.....	1 cup.	2 cups.	1 quart.
Baking powder.....	1½ tablespoons.	3 tablespoons.	6 tablespoons.
Salt.....	2 teaspoons.	4 teaspoons.	2½ tablespoons.
Sugar.....	2 tablespoons.	¼ cup.	½ cup.
Fat, melted.....	¼ cup.	½ cup.	1 cup.
Water or milk.....	3 cups.	1½ quarts.	3 quarts.
Eggs, beaten.....	2.	4.	8.

Mix the dry ingredients thoroughly. Add the melted fat, milk, and beaten egg. Mix well. Bake the mixture in hot, well-greased dripping pans or in hot, well-greased muffin pans for 20 to 25 minutes in a hot oven.

Variations.—Diluted evaporated milk may be used in place of the water. Or, if dry skim milk is available, mix 1½ cups with the dry ingredients for 12 servings; 3 cups for 25; and 1½ quarts for 50.

If egg is omitted, increase the baking powder ½ teaspoon for each egg and the liquid ½ cup for 12 servings, 1 cup for 25, and 1½ cups for 50.

White Bread

2¾ cups water or milk.
1 to 2 yeast cakes.
3 tablespoons sugar.

4 teaspoons salt.
2 tablespoons fat.
2¼ quarts sifted hard wheat flour.

Yield: 3 1-pound loaves; about 30 one-fourth inch slices per loaf if made in pans 3¼ inches by 8 inches.

Heat the liquid. Save out ½ cup of the hot liquid, and when it cools to lukewarm, add the yeast broken in small pieces. While the remaining liquid is hot, add the sugar, salt, and fat. When this mixture is lukewarm, add the softened yeast, then the flour. Mix the flour and liquid thoroughly, until the dough no longer sticks to the sides of the mixing bowl. At this point, it is ready to be kneaded. Turn out on a clean, floured board and work quickly with the palms of the hands until the dough is soft, smooth, and elastic. Form into a ball and put into a greased bowl to rise. Put a little fat over the sides and top of the dough and cover with a clean cloth. Allow to rise in a warm place until double in bulk.

When the dough is light enough, punch the center in, pull sides over and press them into the center. Then turn this ball of dough with the smooth side up. Set in a warm place to rise again. When the dough rises again to the same volume as before, it is ready to punch down and divide into loaves.

Mold the loaves by flattening each ball of dough on the board into an oblong piece and then folding and sealing the edges together with the palms of the hands. Repeat this several times, each time folding in a different way. The last time, bring the sides together into the center of the loaf. Place the loaf with sealed edges down in a greased pan for the last rising.

Grease the surface of the dough, and put in a warm place to rise. When the loaves have about doubled in bulk they are ready to bake. The oven should be moderately hot at first for a pound loaf, then lowered. Turn the loaves so they will cook and brown evenly. The baking will require from 45 minutes to 1 hour. When the loaves shrink from the side of the pan and give a hollow sound when tapped, the bread is done.

As soon as the loaves are taken from the oven, turn them out of the pan and place them on a rack to cool. Do not cover while they are warm.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, sift 1½ cups with the flour.

Whole-Wheat Bread

2½ cups water or milk.
1 to 2 yeast cakes.
3 tablespoons sugar.

1 tablespoon salt.
3 tablespoons fat.
1¾ quarts whole-wheat flour.

Yield: 3 1-pound loaves, about 30 quarter inch slices per loaf if made in pans 3¼ inches by 8 inches.

Stir the flour to lighten it, but do not sift it, measure, and then proceed according to the directions for white bread.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, sift 1½ cups with the flour.

Whole-Wheat and White Flour Bread

2½ cups water or milk.
1 to 2 yeast cakes.
¼ cup sugar.
1 tablespoon salt.

3 tablespoons fat.
3½ cups whole-wheat flour.
3¾ cups white flour.

Yield: 3 1-pound loaves; about 30 one-fourth inch slices per loaf if made in pans 3¼ inches by 8 inches.

Stir the whole-wheat flour to lighten it, but do not sift it; measure. Sift white flour once, then measure. Proceed according to the directions for white bread.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, sift 1½ cups with the flour.

Rolled Oats (or Rolled Wheat) With Whole-Wheat Flour Bread

2 cups rolled oats or rolled wheat.
2½ cups boiling water.
2 tablespoons fat.
2 teaspoons salt.
½ cup molasses.

1 yeast cake.
¼ cup lukewarm water.
Whole-wheat flour to make a soft dough.

Pour the boiling water over the rolled oats or the rolled wheat, add the fat, salt, and molasses, and mix well. Break the yeast into small pieces and soften in the warm water. When the first mixture is lukewarm, add the yeast and sufficient whole-wheat flour to make a soft dough. Mix thoroughly until the dough no longer sticks to the sides of the mixing bowl. Then proceed according to directions for white bread.

Brown Bread

Ingredients	12 servings	25 servings	50 servings
Whole-wheat flour	1 cup.	2 cups.	1 quart.
Corn meal	2 cups.	1 quart.	2 quarts.
Baking powder	4 teaspoons.	2½ tablespoons.	5 tablespoons.
Soda	¼ teaspoon.	½ teaspoon.	1 teaspoon.
Salt	1 teaspoon.	2 teaspoons.	4 teaspoons.
Molasses	¾ cup.	1½ cups.	3 cups.
Water or milk	2 cups.	1 quart.	2 quarts.

Mix the dry ingredients. Add the molasses and the water. Beat the mixture thoroughly and pour into well greased molds until they are about three-fourths full. Cover loosely to keep out the moisture and steam for about 3½ hours. Remove the covers and if an oven is available, bake the bread in a moderate oven for about 10 minutes to dry it off. If the bread is cut while hot, loop a string around the loaf and cut slices by pulling the ends of the string.

Variation.—Diluted evaporated milk may be used for the liquid. Or, if dry skim milk is available, mix 1 cup with the dry ingredients for 12 servings; 2 cups for 25, and 1 quart for 50.

Desserts

Cooked Fresh Apples

Ingredients	12 servings	25 servings	50 servings
Apples..... Water, to cover. Sugar, to taste.	5 pounds.	10 pounds.	20 pounds.

Apple sauce.—Wash the apples thoroughly. Cut in quarters or eighths. Barely cover with water, and boil gently until soft, stirring frequently to keep from scorching. Press through a colander to remove cores and skin. Sweeten to taste and add a *little* spice and salt.

Stewed apples.—Core and pare the apples. Cut in quarters and increase the quantity of water to cover well. Add the sugar and boil gently until the apples are tender and the sirup somewhat thick.

For applesauce, use as little water as possible. For stewed apples, use more water.

Stewed Dried Fruit

(Approximate quantities)

Ingredients	12 servings	25 servings	50 servings
Apples (bulk).....	1 pound.	2 pounds.	4 pounds.
Prunes (bulk).....	1 pound.	2 pounds.	4 pounds.
Peaches (bulk).....	1 pound.	2 pounds.	4 pounds.
Raisins (bulk).....	2 pounds.	4 pounds.	8 pounds.

Apples.—These, as a rule, do not require soaking before stewing. Drop them into boiling water and cook about fifteen minutes or until tender. A little sugar may be added, if desired. If the apples are a little too hard for successful quick cooking they may be soaked for an hour first. If this is necessary, use the soaking water to cook the apples.

Prunes.—Soak the prunes in enough hot water to cover about one hour. Cook until tender in the water in which they have been soaked. If desired, add two tablespoons of sugar for each cup of prunes toward the end of the cooking period.

Peaches.—Soak the peaches in enough hot water to cover them for one hour. Cook in the water remaining from soaking. One fourth cup of sugar for each cup of peaches may be added the last 5 minutes of cooking. Serve hot or cold.

Raisins.—Cook the raisins in a small amount of water until plump and tender.

Stuffed Prunes

Ingredients	12 servings	25 servings	50 servings
Prunes -----	1 quart.	2 quarts.	4 quarts.
Raisins, chopped, or other dried fruit.	1 cup.	2 cups.	1 quart.
Peanut butter or cottage cheese.	1 cup.	2 cups.	1 quart.

Soak the prunes in a small amount of boiling water until they are softened. Drain. Cut a slit on the side of each prune, and remove the pit. Mix the raisins and peanut butter or cottage cheese. If cottage cheese is used, add salt to taste. Fill the prune centers with this mixture. In some menus these stuffed prunes may be served plain. In others, they may be used in a salad. For this, put the prunes on chopped cabbage or shredded lettuce with a little salad dressing.

Cereal and Dried-Fruit Pudding

Ingredients	12 servings	25 servings	50 servings
Cereal, hot, cooked.	2 quarts.	4 quarts.	2 gallons.
Dried fruit, stewed.	1 quart.	2 quarts.	1 gallon.
Sugar -----	$\frac{1}{2}$ cup.	1 cup.	2 cups.
Butter -----	1 ounce (2 tablespoons).	2 ounces ($\frac{1}{4}$ cup).	4 ounces ($\frac{1}{2}$ cup).

Mix the cereal, fruit, sugar, and butter. Stir until well blended and serve.

For cereal cooking directions, see page 10.

Corn Meal Fruit Pudding

Ingredients	12 servings	25 servings	50 servings
Prunes, or other dried fruit, chopped.	2 cups.	1 quart.	2 quarts.
Corn meal -----	3 cups.	1 $\frac{1}{2}$ quarts.	3 quarts.
Liquid (water and juice from fruit).	1 $\frac{1}{2}$ quarts.	3 quarts.	6 quarts.
Salt -----	1 teaspoon.	2 teaspoons.	4 teaspoons.
Sugar -----	1 cup.	2 cups.	1 quart.

Soak the washed fruit, drain, and chop. Mix the corn meal with part of the liquid, cold. Add the rest of the liquid, boiling. Put in the salt, and cook covered in a double boiler for an hour or longer. Add the fruit and the sugar. Stir until well blended. Serve warm with milk.

Corn Grits Pudding

Ingredients	12 servings	25 servings	50 servings
Corn grits.....	1½ cups.	3 cups.	1½ quarts.
Warm water.....	2¼ quarts.	4½ quarts.	2¼ gallons.
Salt.....	3 teaspoons.	2 tablespoons.	3½ tablespoons.
Sugar.....	1 cup.	2 cups.	1 quart.
Raisins.....	1½ cups.	3 cups.	1½ quarts.
Raw apple, diced..	1 quart.	2 quarts.	4 quarts.
Cinnamon.....	½ teaspoon.	1 teaspoon.	2 teaspoons.

Stir the grits slowly into the warm liquid. Add the salt and sugar, and cook in a double boiler for about 30 minutes. Add the raisins and apples. Cook until the apples are tender, and the pudding is thick. Mix the cinnamon with a little water and stir into the pudding. This dessert is especially good served hot. If it is to be served cold, more liquid should be used in its preparation so it will not be too thick.

If apples are not available, this pudding may be made with double the amount of raisins called for in the recipe.

Variation.—Diluted evaporated milk may replace the water. If dry skim milk is available, mix it with the corn grits before adding to the liquid, using 2 cups of dry milk for 12 servings; 1 quart for 25; and 2 quarts for 50.

Fruit Betty

Ingredients	12 servings	25 servings	50 servings
Raw apples, diced.....	3 quarts.	1½ gallons.	3 gallons.
or			
Dried apples, soaked..	2 quarts.	4 quarts.	2 gallons.
or			
Prunes, seeded and steamed.	2 quarts.	4 quarts.	2 gallons.
Bread crumbs, dry or oven-toasted.	1½ quarts.	3 quarts.	1½ gallons.
Sugar.....	1¾ cups.	3½ cups.	1¾ quarts.
Cinnamon.....	1 teaspoon.	2 teaspoons.	1 tablespoon.
Salt.....	½ teaspoon.	1 teaspoon.	2 teaspoons.
Butter, melted.....	3 ounces (6 tablespoons).	6 ounces (¾ cup).	¾ pound (1½ cups).

In greased baking dishes, place alternate layers of fruit and crumbs, sprinkling sugar, cinnamon, and salt (which have been mixed together) over each layer. Pour the melted fat over the top and a little of the liquid if the dried fruits have been used. Cover, and bake for 30 to 45 minutes. Toward the last, remove the cover and allow the top to brown. Serve hot.

If oven space is not available, heat the fat in a large frying pan. Mix the ingredients, pour into the pan and heat with frequent stirring.

Raisin Bread Pudding

Ingredients	12 servings	25 servings	50 servings
Raisins-----	1½ cups.	3 cups.	1½ quarts.
Milk-----	1¼ quarts.	2½ quarts.	5 quarts.
Dry bread, small pieces.	1 quart.	2 quarts.	4 quarts.
Eggs, beaten----	2.	4.	8.
Sugar-----	½ cup.	1 cup.	2 cups.
Salt-----	½ teaspoon.	1 teaspoon.	2 teaspoons.

Heat the milk in a double boiler and add the bread. Add this mixture slowly to the beaten eggs, sugar, salt, and raisins. Pour into greased baking dishes and bake in a moderate oven until lightly brown (about 45 minutes).

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, combine 2½ cups of it with 1¼ quarts of water for 12 servings; 1¼ quarts dry skim milk with 2½ quarts of water for 25; and 2½ quarts dry skim milk with 5 quarts of water for 50 servings.

Creamy Rice With Raisins

Ingredients	12 servings	25 servings	50 servings
Rice, uncooked-----	1 cup.	2 cups.	1 quart.
Milk-----	1 quart.	2 quarts.	4 quarts.
Salt-----	1½ tablespoons.	3 tablespoons.	6 tablespoons.
Raisins-----	2 cups.	1 quart.	2 quarts.
Sugar-----	1 cup.	2 cups.	1 quart.

Heat the milk in a double boiler. Add the rice and the salt. Cover and cook for about 20 minutes. Stir in the raisins and sugar and continue to cook until the rice is tender, and the raisins are plump.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, mix 2 cups dry skim milk with 1 quart of water for 12 servings; 1 quart dry skim milk with 2 quarts of water for 25; and 2 quarts dry skim milk with 4 quarts of water for 50 servings.

Fruit and Rice Pudding

Ingredients	12 servings	25 servings	50 servings
Canned peaches or other fruit, cut.	1½ quarts.	3 quarts.	1½ gallons.
Rice, cooked-----	1 quart.	2 quarts.	4 quarts.
Sugar-----	1 cup.	2 cups.	1 quart.
Flour-----	½ cup.	¾ cup.	1½ cups.
Salt-----	½ teaspoon.	1 teaspoon.	2 teaspoons.
Water, cold-----	3 cups.	1½ quarts.	3 quarts.
Cinnamon-----	¼ teaspoon.	½ teaspoon.	1 teaspoon.

Mix the fruit and rice. Stir the sugar, flour, and salt with enough of the cold liquid to make a smooth, thin paste. Heat the remaining liquid, add the paste, and stir and cook until thickened. Cook in a double boiler for about 10 minutes. Then add mixture to the fruit and rice. Add cinnamon and stir to blend. Serve hot or cold.

For extra flavor, a little lemon juice or a small amount of butter may be stirred into the pudding after it is cooked.

Variation.—Diluted evaporated milk may replace the water. Or, if dry skim milk is available, blend it with the water using $\frac{3}{4}$ cup dry skim milk in the recipe for 12 servings; $1\frac{1}{2}$ cups for 25 servings; and 3 cups for 50.

Quick Fruit Pudding

Ingredients	12 servings	25 servings	50 servings
Canned peaches or other canned or fresh fruit.	$1\frac{1}{2}$ quarts.	$2\frac{1}{2}$ quarts.	5 quarts.
Water or drained juice.	$\frac{3}{4}$ cup.	$1\frac{1}{4}$ cups.	2 cups.
Salt.....	$\frac{1}{2}$ teaspoon.	1 teaspoon.	2 teaspoons.
Sugar.....	1 cup.	2 cups.	1 quart.
Soft bread crumbs.....	1 quart.	2 quarts.	4 quarts.
Butter.....	1 ounce (2 tablespoons).	2 ounces ($\frac{1}{4}$ cup).	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).

To the water, add the salt and sugar. Boil for 1 to 3 minutes, depending upon the amount. While this is still hot, stir in the fruit, bread crumbs, and butter. Let stand about 30 minutes; serve warm.

Prune Cottage Pudding

Ingredients	12 servings	25 servings	50 servings
Prunes, chopped.	2 cups.	1 quart.	2 quarts.
Sugar:			
Brown.....	3 cups.	$1\frac{1}{2}$ quarts.	3 quarts.
or			
White.....	2 cups.	1 quart.	2 quarts.
Prune liquid.....	$1\frac{1}{2}$ cups.	3 cups.	$1\frac{1}{2}$ quarts.
Salt.....	$1\frac{1}{2}$ teaspoons.	3 teaspoons.	2 tablespoons.
Lard or butter..	4 ounces ($\frac{1}{2}$ cup).	6 ounces ($\frac{3}{4}$ cup).	$\frac{3}{4}$ pound ($1\frac{1}{2}$ cups).
Flour, sifted....	$4\frac{1}{2}$ cups.	$2\frac{1}{4}$ quarts.	$4\frac{1}{2}$ quarts.
Baking powder..	1 tablespoon.	2 tablespoons.	4 tablespoons.
Cinnamon.....	1 teaspoon.	2 teaspoons.	4 teaspoons.

Wash, then soak the prunes, drain, pit, and chop. Mix the prunes, sugar, liquid, and salt, and boil about 5 minutes. Add the fat, and cool. Sift the dry ingredients together and add to the first mixture. Pour into greased cake pans and bake in a moderate oven for about 1 hour. Cut when cool. This pudding may be served by itself, or a vanilla or other pudding sauce may be served over it.

If brown sugar is used, do not pack it in the cups to measure.

Fruit Shortcake

Ingredients	12 servings	25 servings	50 servings
Flour, sifted-----	1 quart.	2 quarts.	4 quarts.
Baking powder-----	4½ teaspoons.	3 tablespoons.	6 tablespoons.
Salt-----	1½ teaspoons.	1 tablespoon.	2 tablespoons.
Sugar-----	2 tablespoons.	¼ cup.	½ cup.
Fat-----	¼ pound (½ cup).	½ pound (1 cup).	1 pound (2 cups).
Water or milk-----	1½ cups.	3 cups.	1½ quarts.
Cut, fresh, or stewed fruits sweetened to taste.	1½ quarts.	3 quarts.	1½ gallons.

Mix and sift the dry ingredients. Cut in the fat with a biscuit cutter or fork. Add the liquid gradually and stir from the center with a fork until a soft dough is formed. Knead a few seconds on a lightly floured board. Roll a portion at a time about ½ inch thick. Cut in squares for individual servings. Bake in a hot oven for about 15 minutes or until light brown.

While the shortcake is hot, split and butter each piece. Place the sweetened fruit between and over the shortcake and serve at once.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, blend ¾ cup with 1½ cups of water for the liquid for 12 servings; 1½ cups for 25 servings; and 3 cups for 50.

Dried-Fruit Balls

Apricot and Raisin

Ingredients	12 servings	25 servings	50 servings
Apricots, ground-----	1½ cups.	3 cups.	1½ quarts.
Seedless raisins, ground-----	2 cups.	1 quart.	2 quarts.
Peanut butter-----	½ cup.	1 cup.	2 cups.

Prune and Raisin

Ingredients	12 servings	25 servings	50 servings
Prunes, ground-----	1 cup.	2 cups.	1 quart.
Seedless raisins, ground-----	1½ cups.	3 cups.	1½ quarts.
Nut meats, finely cut-----	1½ cups.	3 cups.	1½ quarts.
Lemon juice-----	1 tablespoon.	2 tablespoons.	4 tablespoons.
Salt, to taste.			

Wash and dry fruit before using. Mix the ingredients thoroughly. Add a little salt, if called for in the recipe. Form into balls made from 1 rounded tablespoon of the mixture. Roll each ball in sugar. Serve one or two fruit balls for dessert, depending upon their size.

For flavor variation, a little jelly or marmalade may be mixed with the other ingredients.

Dried Fruit Cake

Ingredients	12 servings	25 servings	50 servings
Flour, sifted.....	4½ cups.	2¼ quarts.	4½ quarts.
Baking powder.....	2 tablespoons.	4 tablespoons.	8 tablespoons.
Salt.....	1½ teaspoons.	1 tablespoon.	2 tablespoons.
Prunes, chopped, or raisins, ground.	2 cups.	1 quart.	2 quarts.
Eggs, beaten.....	2.	4.	8.
Liquid.....	1½ cups.	3 cups.	1½ quarts.
Fat, melted.....	¾ cup.	1½ cups.	3 cups.
Flavoring.....	2 teaspoons.	4 teaspoons.	2½ tablespoons.

Sift the dry ingredients together. Add the ground raisins, or the soaked, chopped prunes. Combine the beaten eggs, liquid, melted fat, and flavoring. (In making prune cake, the water in which the prunes were soaked may be used for all or part of the liquid.) Add this mixture to the dry ingredients all at once, and stir until smooth. Pour into greased pans, and for a thin loaf bake in a moderate oven for about 40 to 50 minutes; or for cup cakes pour into greased muffin pans and bake in a moderate oven for about 30 minutes.

Variation.—Diluted evaporated milk may replace the water. Or, if dry skim milk is available, sift 1 cup with the dry ingredients for 12 servings, 2 cups for 25, and 1 quart for 50.

Rolled Oats Cookies

Ingredients	12 servings	25 servings	50 servings
Rolled oats.....	1½ cups.	3 cups.	1½ quarts.
Flour, sifted.....	1½ cups.	3 cups.	1½ quarts.
Soda.....	½ teaspoon.	1 teaspoon.	2 teaspoons.
Salt.....	¾ teaspoon.	1½ teaspoons.	1 tablespoon.
Cinnamon.....	½ teaspoon.	1 teaspoon.	2 teaspoons.
Sugar.....	1 cup.	2 cups.	1 quart.
Fat, melted.....	¼ pound (½ cup).	½ pound (1 cup).	1 pound (2 cups).
Raisins, chopped.....	1 cup.	2 cups.	1 quart.
Nuts, chopped, if available.	1 cup.	2 cups.	1 quart.
Eggs, beaten.....	1.	2.	4.
Water or milk.....	½ cup.	1 cup.	2 cups.

Sift the flour, soda, salt, and cinnamon together. Mix the sugar with the fat, raisins, nuts (if available), and rolled oats. Put all of these ingredients together and add the eggs and the liquid. Stir until well mixed. Drop by rounded teaspoonfuls onto greased pans. Bake in a moderately hot oven from 10 to 12 minutes or until lightly browned. Remove from the pan while hot.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, sift ¼ cup with the dry ingredients for 12 servings; ½ cup for 25; and 1 cup for 50.

Nut Cookies

Ingredients	12 servings	25 servings	50 servings
Nuts, finely chopped.....	1 cup.	2 cups.	1 quart.
Fat.....	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup).	1 pound (2 cups).
Sugar.....	$\frac{1}{2}$ cup.	1 cup.	2 cups.
Eggs.....	1.	2.	4.
Molasses.....	$\frac{1}{2}$ cup.	1 cup.	2 cups.
Whole-wheat flour.....	$2\frac{1}{4}$ cups.	$4\frac{1}{2}$ cups.	$2\frac{1}{4}$ quarts.
Soda.....	$\frac{1}{4}$ teaspoon.	$\frac{1}{2}$ teaspoon.	1 teaspoon.
Salt.....	$\frac{1}{2}$ teaspoon.	1 teaspoon.	2 teaspoons.
Cinnamon.....	$\frac{1}{2}$ teaspoon.	1 teaspoon.	2 teaspoons.
Milk.....	$\frac{1}{2}$ cup.	1 cup.	2 cups.

Cream the fat. Add the sugar gradually and cream together. Add the beaten eggs, then the molasses. Beat thoroughly. Add the mixed dry ingredients, milk, and chopped nuts. Mix. Drop by rounded teaspoonfuls onto greased pans. Bake in a moderate oven for about 12 to 15 minutes. Remove from the pan while hot.

Variation.—If desired, to increase the nutritive value of the cookies, mix $\frac{1}{4}$ cup of dry skim milk with the dry ingredients for the recipe for 12 servings; $\frac{1}{2}$ cup for 25; and 1 cup for 50.

Whole-Wheat Cookies

Ingredients	12 servings	25 servings	50 servings
Whole-wheat flour.....	$2\frac{1}{4}$ cups.	$4\frac{1}{2}$ cups.	$2\frac{1}{4}$ quarts.
Baking powder.....	1 tablespoon.	2 tablespoons.	4 tablespoons.
Salt.....	$\frac{1}{2}$ teaspoon.	1 teaspoon.	2 teaspoons.
Cinnamon.....	$\frac{1}{2}$ teaspoon.	1 teaspoon.	2 teaspoons.
Butter or other fat.....	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup).	1 pound (2 cups).
Sugar.....	1 cup.	2 cups.	1 quart.
Eggs.....	1.	2.	4.
Milk.....	$\frac{1}{2}$ cup.	1 cup.	2 cups.
Raisins, ground.....	1 cup.	2 cups.	1 quart.
Nuts, chopped, if available.	1 cup.	2 cups.	1 quart.

Mix the flour, baking powder, salt, and cinnamon. Cream the fat. Add the sugar, then the egg, milk, the mixed dry ingredients, the raisins, and the nuts (if available). Drop by rounded teaspoonfuls on a greased pan. Bake from 12 to 15 minutes in a moderate oven. Remove from the pan while hot.

Variation.—If desired, increase the nutritive value of the cookies by mixing $\frac{1}{4}$ cup dry skim milk with the dry ingredients for the recipe for 12 servings; $\frac{1}{2}$ cup for 25; and 1 cup for 50.

Miscellaneous

Fruit Sandwich Fillings

Dried Fruit Filling

Ingredients	12 sandwiches	25 sandwiches	50 sandwiches
Butter or peanut butter-----	$\frac{1}{2}$ cup.	1 cup.	2 cups.
Salt-----	$\frac{1}{4}$ teaspoon.	$\frac{1}{2}$ teaspoon.	1 teaspoon.
Seedless raisins, ground, or prunes, seeded and ground.	$1\frac{1}{2}$ cups.	3 cups.	$1\frac{1}{2}$ quarts.

Dried Fruit and Raw Apple Filling

Butter or peanut butter-----	$\frac{1}{2}$ cup.	1 cup.	2 cups.
Salt-----	$\frac{1}{4}$ teaspoon.	$\frac{1}{2}$ teaspoon.	1 teaspoon.
Dried fruit, ground (raisins or prunes).	$\frac{3}{4}$ cup.	$1\frac{1}{2}$ cups.	3 cups.
Apples, raw (chopped or ground).	$\frac{3}{4}$ cup.	$1\frac{1}{2}$ cups.	3 cups.

When butter is used, cream it well first. Then add the salt and the fruit, and mix well. With the exception of the creaming, combine the ingredients in the same way when peanut butter is used.

Variation.—Chopped nut meats may be added to sandwich fillings made with butter. Add $\frac{1}{2}$ cup for 12 sandwiches, 1 cup for 25, and 2 cups for 50.

Raw Vegetable Sandwich Filling

Ingredients	12 sandwiches	25 sandwiches	50 sandwiches
Butter-----	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup).	$\frac{1}{2}$ pound (1 cup).	1 pound (2 cups).
Vegetables, finely chopped.	2 cups.	1 quart.	2 quarts.

Suitable vegetables for raw sandwich fillings are cabbage and onion, carrots, lettuce, spinach, watercress, and celery. These may be used alone or in any combination desired to make up the required amount of vegetables in this recipe.

Cream the butter, add the finely chopped vegetables, and a little salt. Spread the mixture on slices of bread. Do not trim off the crusts of bread because they are nutritious and encourage chewing.

For more food value in this filling, add cottage cheese or finely chopped nuts.

Bacon-and-Tomato Sandwich

Fry the bacon as directed on page 11. Cut the raw tomatoes into thin slices and make a sandwich, using 1 or 2 slices of bacon with 1 or 2 slices of tomato. Use thick salad dressing and a leaf of lettuce, if available, in each sandwich.

Salt Pork Sandwiches

Dice salt pork into fine pieces. Cook, then drain of fat. Mix the pieces of salt pork with one or more of the following: Chopped hard-cooked eggs, raw cabbage, onion, cottage cheese, or pickles. Add salad dressing made from salt pork drippings as a binder and use the mixture as a sandwich spread.

Other Sandwich Fillings

1. Baked beans, mashed and mixed with tomato sauce, chili sauce, catsup, or salad dressing.
2. Chipped beef, frizzled in fat.
3. Flaked salmon with chopped cabbage and salad dressing.
4. Sliced or chopped, hard-cooked egg and salad dressing.
5. Spinach or lettuce and egg with salad dressing.
6. Peanut butter with tomato sauce, chili sauce, or catsup.
7. Cottage cheese and salad dressing.
8. Cheddar cheese, grated or finely cut, and mixed with chopped onion, celery, relish or pickle, and salad dressing.
9. Chopped or ground smoked ham or shoulder with relish, pickle, grated carrot, or shredded cabbage, and salad dressing.

Salad Dressing

Ingredients	12 servings	25 servings	50 servings
Salt.....	1 teaspoon.	2 teaspoons.	4 teaspoons.
Mustard.....	$\frac{1}{8}$ teaspoon.	$\frac{1}{4}$ teaspoon.	$\frac{1}{2}$ teaspoon.
Flour.....	3 tablespoons.	6 tablespoons.	$\frac{3}{4}$ cup.
Sugar.....	2 tablespoons.	$\frac{1}{4}$ cup.	$\frac{1}{2}$ cup.
Milk.....	1 cup.	2 cups.	1 quart.
Eggs.....	1.	2.	4.
Vinegar.....	6 tablespoons.	$\frac{3}{4}$ cup.	$1\frac{1}{2}$ cups.
Butter or salt pork drippings.	2 ounces ($\frac{1}{4}$ cup).	$\frac{1}{4}$ pound ($\frac{1}{2}$ cup.)	$\frac{1}{2}$ pound (1 cup).

Sift the dry ingredients together. Add the cold milk. Stir until well blended, then stir and cook in a double boiler until thickened. Cover and cook about 10 minutes. Beat the eggs until light, add some of the hot mixture to the eggs gradually. Combine with the remaining hot mixture and cook a few minutes longer. Add the vinegar slowly, and continue to cook until fairly thick. Then beat in the butter or drippings.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, combine $\frac{1}{2}$ cup with 1 cup of water for 12 servings; 1 cup with 2 cups of water for 25 servings; and 2 cups with 1 quart of water for 50.

Tomato Sauce

Ingredients	12 servings	25 servings	50 servings
Tomatoes, canned whole, or juice.	1 1/4 quarts.	2 1/2 quarts.	5 quarts.
Onion, sliced-----	1/2 cup.	1 cup.	2 cups.
Sugar-----	2 table- spoons.	1/4 cup.	1/2 cup.
Spice, to taste.			
Salt-----	1 teaspoon.	2 teaspoons.	4 teaspoons.
Butter-----	1/4 p o u n d (1/2 cup).	1/2 pound (1 cup).	1 pound (2 cups.)
Flour-----	1/2 cup.	1 cup.	2 cups.
Cheese, if desired-----	1/2 pound.	1 pound.	2 pounds.

Simmer the tomatoes with the onion, sugar, spice, and salt about 10 minutes. Strain through a fine sieve and press to obtain all pulp. Melt the butter, add the flour to it, and blend thoroughly. Add this mixture to the hot juice. Stir over low heat until the juice is thickened, then cover, and cook in a double boiler about 10 minutes. Serve hot. If cheese is added, flake it first. Then put it into the cooked mixture and stir until the cheese melts.

Vanilla Sauce

Ingredients	12 servings	25 servings	50 servings
Cornstarch--	6 tablespoons.	3/4 cup.	1 1/2 cups.
Sugar-----	1 1/4 cups.	2 1/2 cups.	5 cups.
Cinnamon--	1/4 to 1/2 teaspoon.	1/2 to 1 teaspoon.	1 to 2 teaspoons.
Salt-----	1/4 teaspoon.	1/2 teaspoon.	1 teaspoon.
Water, hot--	1 quart.	2 quarts.	4 quarts.
Vanilla-----	1 teaspoon.	2 teaspoons.	4 teaspoons.
Butter-----	1 ounce (2 table- spoons).	2 ounces (1/4 cup).	1/4 pound (1/2 cup).

Mix the cornstarch, sugar, cinnamon, and salt thoroughly. Add the hot water gradually. Stir constantly over direct heat until thickened. Put in a double boiler, cover, and cook for 20 minutes. Remove from the fire. Add vanilla and butter.

Strained lemon juice may be used in place of the vanilla and cinnamon, adding it just before serving in the proportion of 1/4 cup for 12 servings, 1/2 cup for 25, and 1 cup for 50.

Cocoa

Ingredients	12 servings	25 servings	50 servings
Cocoa-----	$\frac{3}{4}$ cup.	$1\frac{1}{2}$ cups.	$2\frac{1}{2}$ to 3 cups.
Water, hot-----	$1\frac{1}{4}$ cups.	$2\frac{1}{2}$ cups.	$1\frac{1}{4}$ quarts.
Milk-----	3 quarts.	$1\frac{1}{2}$ gallons.	3 gallons.
Sugar, to taste.			
Salt, to taste.			
Vanilla-----	$\frac{1}{2}$ teaspoon.	1 teaspoon.	1 tablespoon.

Mix the cocoa and hot water. Boil about 3 minutes, stirring all the time. Add the milk with sugar and salt. Beat while heating in a double boiler. Just before serving, add the vanilla.

Variation.—Diluted evaporated milk may be used. Or, if dry skim milk is available, combine 1 quart with 3 quarts of water for 12 servings; 2 quarts with $1\frac{1}{2}$ gallons of water for 25; and 1 gallon with 3 gallons of water for 50.

Suggestions for the Sponsor

When the foods suggested below either are not available as surpluses or cannot be supplied free in adequate amounts, this list is useful as a guide in selecting foods to round out the nutritive value of the school lunch.

Milk:

- Fresh, fluid, whole.
- Dry skim.
- Evaporated.

Vegetables:

- Cabbage.
- Carrots.
- Tomatoes, canned or fresh.
- Turnips.
- Potatoes.
- Leafy green vegetables in season.
- Other fresh or canned vegetables.

Fruit: Fresh or canned.

Meat and fish:

- Soup bone or stew meat.
- Ground beef.
- Chipped beef.
- Canned salmon or herring.
- Salted or smoked fish.
- Fillet of haddock.
- Fresh fish, local.

Cheese:

- American cheddar.
- Cottage.

Eggs: (When inexpensive).

Bread and cookies: (When there are no baking facilities).

Miscellaneous:

- Sugar, molasses.
- Salt.
- Baking powder.
- Yeast.
- Peanut butter.
- Cocoa.
- Vinegar.
- Mustard.
- Cinnamon.
- Vanilla.

The above list is merely suggestive. Only a few of these items would be needed at any one time to supplement the surplus commodities available for the school lunch program. Local conditions as to price and food habits should determine food purchases. In some places schools may be able to arrange with local markets or growers to buy, at low cost, surpluses of fruits and vegetables that are in good condition. In any case, in selecting these perishable foods, choose those

that are at the height of their season and are therefore inexpensive. Edible wild greens (such as dandelion, mustard, lambsquarters, water cress from unpolluted streams) and wild berries can occasionally be gathered by the school children. They may be a real asset to low-cost meals in many sections of the country because of the food value and pleasing variety they contribute without adding to the cost.

Remember that the green leafy vegetables and the deeply yellow-colored vegetables provide valuable vitamins and minerals. Tomatoes and the citrus fruits—grapefruit, oranges—(fresh or canned) are rich in vitamin C, which is needed in the diet every day because the body does not store this vitamin to any considerable extent. Cabbage and turnips are also rich in vitamin C, especially when served raw.

Gardening and Canning Projects

The school, especially if it is located in the country or in a village, may well plan to have a garden in the spring and the fall. Radishes, leaf lettuce, and other greens, green onions, and parsley are quick and easy to grow, and are useful in salads and sandwich fillings, and for seasoning. In many sections of the country where there is a long growing season during the school session, or in localities where a National Youth Administration or Work Projects Administration group can carry the project through the summer vacation, other vegetables may be planted, and there may be sufficient surplus from the garden to allow for a canning project. When this is possible, the home-economics teacher, the county home-demonstration agent of the Extension Service, or the Farm Security agent should be consulted.

The Extension Services of many States have worked out suggested garden plans and canning budgets and methods for families, which could easily be adjusted as guides for a school group. Large-scale canning equipment, available in some localities for use in community canning centers, might be used for a school canning project. Schools that have or can obtain the use of land for a school garden should apply to the Extension Service for bulletins and advice.

Buying Commercially Canned Foods

For schools that must buy their canned fruits and vegetables, information about commercial can sizes is helpful. In buying any canned or packaged goods it is important to find out the contents by reading the label. For some time, consumers have felt the need for standardization of can sizes because cans that appear to be similar in size may vary considerably in net weight of contents. The table below lists the sizes of cans most commonly used in commercial packing of fruits and vegetables, and states the approximate contents in weight and measure. One large can is generally a more economical purchase than several small ones. No. 5 and No. 10 sizes are suitable for group feeding, as in the school-lunch program, and are available through wholesale dealers and sometimes at retail stores.

TABLE 2.—Common sizes of standard cans for fruits and vegetables

Can size	Average net weight	Con- tents	Approx- imate number of serv- ings
		<i>Cups</i>	
Buffet or picnic.....	8 ounces.....	1	2
No. 1, eastern.....	11 ounces.....	1 $\frac{1}{3}$	2
No. 1, western, tall.....	16 ounces.....	2	3-4
No. 2.....	20 ounces.....	2 $\frac{1}{2}$	4-5
No. 2 $\frac{1}{2}$	28 ounces.....	3 $\frac{1}{2}$	5-7
No. 5.....	3 pounds, 8 ounces.....	7	10-14
No. 10.....	6 pounds, 10 ounces.....	13	20-26

It is not possible to set up a similar table for other commercially canned products, as can sizes for them are less standardized than for fruits and vegetables. For example, some kinds of canned fish are packed only in family-size cans containing 4, 6, 8, or 16 ounces, while others come in No. 5 and No. 10 cans as well.

References

More detailed information about food values and child nutrition may be found in the following:

- Food for children. U. S. Dept. Agr. Farmers' Bul. 1674, 22 pp., illus. 1931.
 Milk for the family. U. S. Dept. Agr. Farmers' Bul. 1705, 30 pp., illus. 1933.
 Menus and recipes for lunches at school. U. S. Dept. Agr. Misc. Pub. 246, 25 pp. 1936.
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